

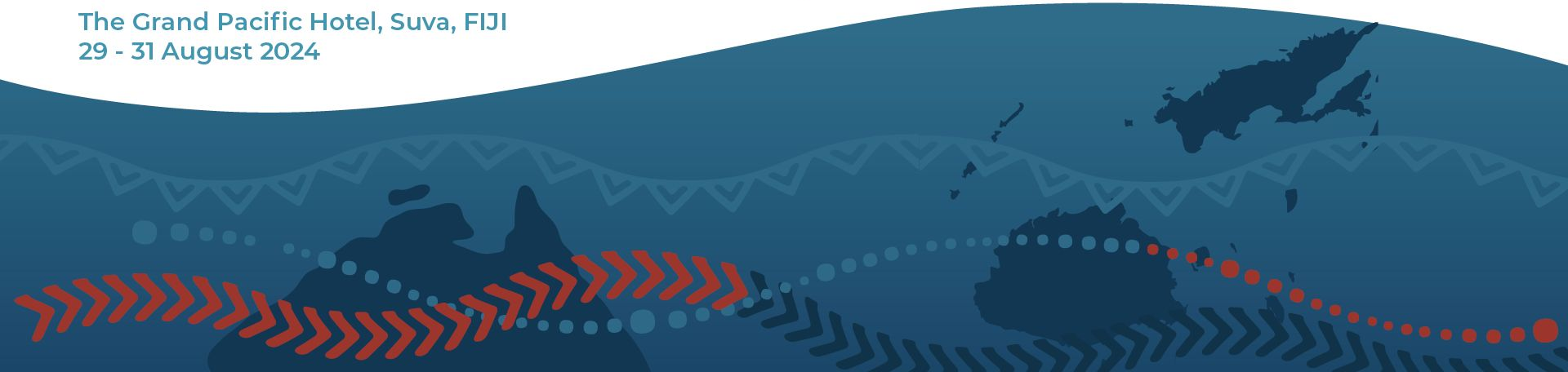
FIJI
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2024 FIJI-AUSTRALIA AND AUSTRALIA-FIJI BUSINESS COUNCILS
JOINT BUSINESS FORUM:

New Challenges. New Solutions

The Grand Pacific Hotel, Suva, FIJI
29 - 31 August 2024



W

Forum Dinner



Speaker

MICK BYRNE





Drua Super Rugby Team

Foundation and Establishment

Lennox Head, NSW

August, 2024

High Performance Development

Physical Development

Medical Screening
Strength Testing and Development
Fitness Testing and Development
Conditioning
Profiling
Program assessment
Heat/Cold and training
Dealing with Travel
Performance Profiling

Game/Skill Development

Core Skills Technique
Position Specific Skills Technique
Game Sense Game
Knowledge Game
Balance Decision Making
Team Rules / Game Plan
Player Profiling - IDPP
Basics of the game
Competition performance
Performance Analysis

Nutrition & Recovery

General Education
Food Diaries
Individual Reviews & Food plans
Losing / Gaining weight
Hydration
Recovery process
Practical Sessions
Drugs & Alcohol
Ice Baths and Wim Hof

Personal Development

Mental Skills Awareness
Goal Setting
Public Speaking
Media Training
Etiquette
Leadership Development
Travel
Stress Minimization

Athlete Career Development

Computer Skills (Game Analysis)
Individual Assessments
Monitoring performance
Study Skills
Time Management
Welfare Issues
Personal Goal Setting & Planning

Drua Policy & Culture

Race and Religious education
Respect and Responsibility
WWDU - Development
Drugs & Sport WADA – IRB Policy
Referees & IRB rules

Leadership and Culture

Leadership is 90% what we do – 10% what we say

I will ensure that I connect everyone, all staff and players to a single cause

- By ensuring we set behaviours, and that we all know what they look like

We will ensure we do what we say we will do as this will build trust and respect

We will innovate our game based on our unique talents

Leadership and Culture

Coach Philosophy

- Winning
- Enjoyment
- Development
 - Physical
 - Psychological
 - Social – Levels of behavior

Co Operative Style - My Philosophy

- We will share decision making with our players
- We will recognize our responsibility to provide leadership and guide players
- We will ensure our players become fully responsible through learning to make decisions



Team Management

Coaches

Strength and Conditioning – Sport Science

Analysis

Medical

Logistics

Team
Management
- Onfield

Head Coach – Co operative style

Forwards Coach plus Scrum
Resource if needed

Backs/Attack Coach

Defence Coach

Competition Plan

Where will we be based

Where will home games be played

Develop analysis on upcoming
opposition

Develop a travel plan that accounts for set up
and recovery times

Manage squad minutes especially for players that may
be stepping up in intensity

Develop clear travel protocols for logistics to follow

Team Plan

SCARE - Both sides of the ball

Set Early - In place ready to play before ball available

Cues - Reading opposition who and where

Action Words – Words that express the What and How

React – Ability to react to pictures and action words

Execute – Express yourself and ensure ability to execute under pressure

Team Plan

Attack – Triple Threat

Work ethic to win the race to set up

Play both sides of the ruck

Consistent set up, allows players to see weaknesses in opposition and then attack those ensuring all players are connected to the play

Use skills and talent to express yourself in attacking those weaknesses
- footwork before contact, pass before contact, offloads, leg drive etc

Upskilling players to maximise use of the ball in attack, or winning the ball back in defence

Counter Attack work ethic to ensure 15 players behind the ball, set and ready to play off first ruck

Team Plan

Defence

Work ethic to set early

Line Speed and connection of 5, tackler driving line speed

Work ethic regarding 2nd efforts, counter for ball or menace or back in D line

Win the ball back as first priority, minimize/slow ball as a must

Use defence to set up turnover attack



Team
Plan

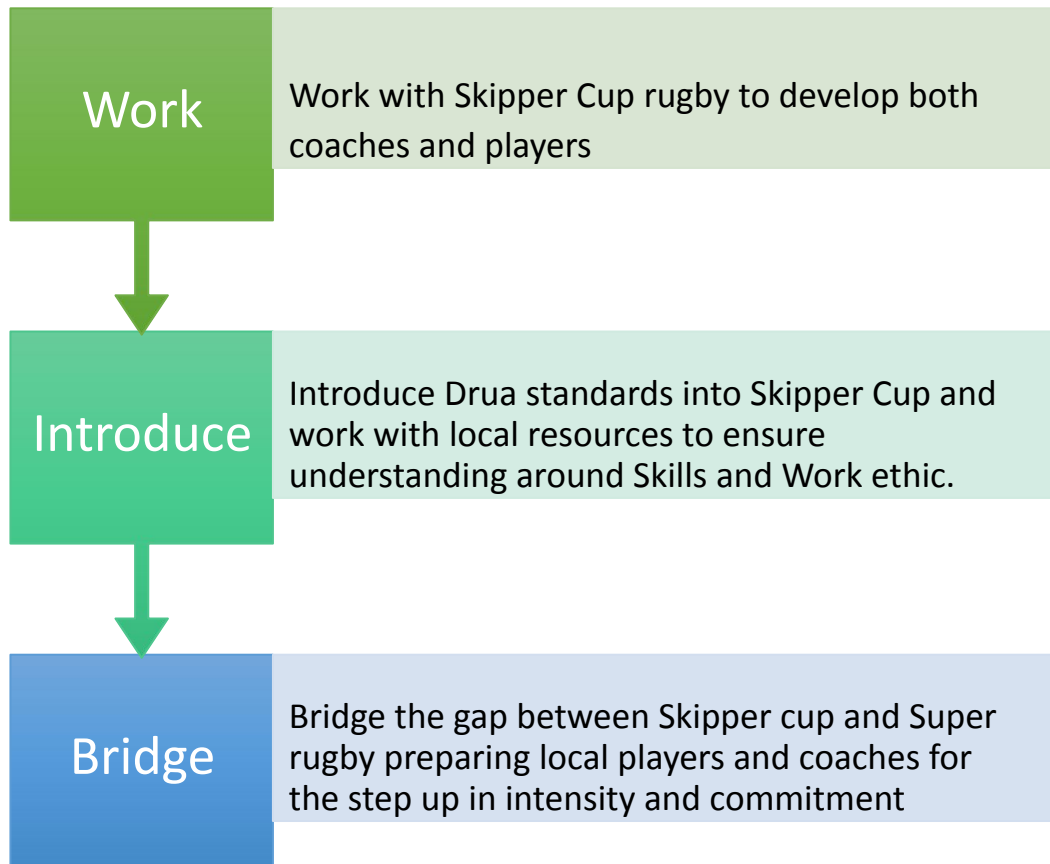
Set Piece
Trademarks

Top Quality ball and win
the gain line

Lineout win 90% with 80%
top quality ball

Scrum win 100% with 80%
top quality ball

High Performance Development



OUR DRUA FOUNDATION

DO WHAT WE SAY



James 1:25 "But those who look closely into the perfect law that sets people free, who keep on paying attention to it and do not simply listen and then forget it, BUT PUT IT INTO PRACTICE – they will be blessed by God in what they do."

- INTEGRITY
- DISCIPLINE
- RELENTLESS

INTEGRITY



- Being true and honest with self
- Stay true to family values
- Keep others in check
- Have ownership over actions

BEING TRUE AND HONEST WITH YOURSELF



- By eating the right foods as advised by team staff and having no alcohol on the premises
- By always hitting the line in training and no shortcuts

STAY TRUE TO FAMILY VALUES



- By living our traditional ties and respect especially with regards to our marriage and partners
- Respecting Lotu for its true spiritual meaning

KEEP OTHERS IN CHECK AND HAVE OWNERSHIP OVER ACTIONS



- Giving honest feedback with courage in a respectful way
- Receiving feedback with an open mind understanding it's coming with love
- All Drua players are of equal standing in our team and all players will give and receive feedback without traditional culture getting in the way of our performance

DISCIPLINE



- Creating good habits
- Self lead/ no shortcuts when no one is looking
- Focus on immediate task

CREATING GOOD HABITS



- Always present strong body language by standing tall when tired
- Always being set early to allow you to be ready to execute your role
- Everyday doing your individual development plans pre/post training
- Everyday being consistent with our sleep times

SELF LED NO SHORTCUTS WHEN NO ONE IS LOOKING



- Consistently doing your own video review in your own time including training.
- Everyday finishing sets and reps in the gym
- Doing your extras rehab or prehab in your own time

FOCUS ON IMMEDIATE TASK



- Ensuring we are doing first things first.
E.g. Catch before pass, nominate
before toso vata

RELENTLESS



- Unforgiving and aggressive in attack and defence
- Keep hitting targets under fatigue
- Always striving for greatness

UNFORGIVING AND AGGRESSIVE IN ATTACK & DEFENCE



- We will always set early by being quick to our feet to get back in line and set to play
- We will always be looking up with specific talanoa and always calling the name
- We will be quick in transition by callers being switched on and everyone knowing their role

KEEP HITTING TARGETS UNDER FATIGUE



- We will always be disciplined in our tackle by targeting our shoulders under the ball
- We will win the shoulder chest battle every time the opportunity arises

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