Okay, I'm starting the recording and what we're going to speak about now is the aspects of rugby and the game design that we haven't covered off yet. So the intent of this is just to create a repository and sort of a pipeline of things that we still need to do, a checklist, if you may. So we talked a lot so far about the space management, I think our first session on passing. There are other aspects of rugby that can be addressed through game-based coaching that we haven't really touched on. So if I just quickly rattle off a few, you can tell me if that's a complete list or there are other ones. Let's say like conditioning is kind of inherently built into a lot of these, but you can obviously tweak these games to make them push heavier on certain types of conditioning. That could be conditioning in contact, that could be running conditioning, sprinting, like whatever. Then there is the aspect of contact that inherently exists within rugby, specifically like tackling from both sides, from the attack and the defense. Then there is the breakdown, which is a massive part of the game, like the actual breakdown of managing a ruck, both from an attacking and a defensive side. Then there is some of the more technical things, restarts, scrums, lineouts, kickoffs. Then there is, of course, just like open play kick, for which there are different types of kicks, which have a lot of fun games that you can build around it. What other aspects of the game did we not capture in that list? So technical stuff, ruck, counter ruck, tackle, carrying into a tackle, lifting, lineout lifting, scrummaging and modified scrummaging for the purposes of creating an attack and defense scrummage situation, lineout, not just the lifting, but the actual lineout contest and competition, gaming in the air kind of thing. And then just simple body mechanics games you can do for conditioning purposes, for core conditioning as physical conditioning. So if you look at the positions adopted in rugby, sometimes you're on your feet, sometimes you're on the ground and all points in between and how your body rotates on its own axis, depending on the situation you're in. So you can create loads of sparring games. If you think of wrestling or boxing and getting to think about how they spar, they're sparring ready for contest. There's loads of sparring you can do in rugby and you can have one-on-one or one-on-two small group games that are actually a lot of fun and that address things that are naturally counterintuitive for people in a contact world. So again, where coaches need to evolve is if a person, male or female, they can go to a gym and get their aggression out, boxing, and they can go to a Muay Thai gym or kickboxing or whatever, and they'll find an instructor who will teach them how to throw a punch, how to hit a bag, and then let them get away with it. And they just burn up all that energy and it's a good thing for them. In rugby, coaches go, just hit him. Just hit him. And that's it. It stops right there. So the disconnect, the engagement and education piece right there goes missing because the coaches don't either understand body mechanics or understand the requirements of the body in the game of rugby beyond a very base-based level or very superficial level. So you have to, again, heart, body, mind, soul, you have to come into that's not just physical. There's a psychological, mental, and emotional component about hitting and being hit. It's not something people do in their lives. So when you cross the line and it happens, you've got to be prepared for it and how to deal with it. So you can game around that. You can spar around that. And not just beyond that, there's the physical well-being piece in how do you manage if you're suddenly bleeding and you've never bled before? That's contact. It happens. Or you fall over and you get a scrape and how do you get back up and get into it? Just managing small stuff, whereas if you're gaming properly, these things will happen. If you're gaming in an environment where you feel safe, and I know that's a red rag to a ball. We don't do safe zones, that's what some coaches say, but if I can spar with you, I'm going to build confidence, agility, mental and physical acuity, knowing also that you're not out to hurt me deliberately. And so I can build into these things so I'm better prepared for the actual physical contest where a lot of that goes away. So psychologically, I'm not vulnerable because I'm geared up for it. And you do that through gaming and sparring. So is that a complete enough list for us? I think so. That's a good list. Because there's a lot in all of those. Tackle, track and tackle, track, tackle, the tackle entry and the tackle itself. As you say, lifting and lifting contests, you see that in gyms all the time, or lifting and holding in the air and the ballet thing, the aerial contest. Dirty dancing. Yeah, the scrummaging and modified scrums for different aspects of the scrum. Kick receiving, kick receives, multiple types of kicking, kicking games, playing some kick golf, all that kind of stuff. There's a ton in there. Okay, I'll pause there. We've got a complete list.