

ANDREAS SAMUEL BADENHORST

RUGBY PLAYER | CENTRE • WING * UTILITY BACK

South African | 181 cm | 89 kg | Born 5 February 2008 |
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PLAYER PROFILE

I am a strong, versatile and tactically aware backline player with 12 years of rugby experience and a consistent record at A-team level. Having played fly-half, centre and wing, I bring confident ball-carrying, reliable ball-handling skills, a strong tactical kicking game and committed defence. I read the game well, make effective decisions under pressure and lead by example. I am highly disciplined, coachable and eager to learn, with a strong commitment to continuous improvement. My ambition is to keep developing as a player and earn the opportunity to compete at a higher level of rugby.

KEY HIGHLIGHTS

12 YEARS Rugby experience	9 YEARS Team captain	3 YEARS Provincial training squads
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TECHNICAL SKILLS & ON-FIELD STRENGTHS

BALL HANDLING & ATTACK	Confident ball handling, good passing technique and attacking awareness. Looks to create opportunities, break the line and keep possession under pressure, including effective offloads in contact.
KICKING GAME	Accurate Goal kicking and tactical cross kicks, ground kicks, high kicks, and good touch-finders, also accurate kick-offs. Uses kicking as a tactical option to support field position and decision-making.
DEFENCE & TACKLING	Strong defensive positioning and committed, dominating tackles focusing on winning the ball back. Comfortable in high-pressure defensive moments, with the determination to make important tackles and drive the opposition backwards.
CONTACT & CARRYING	Strong, physical ball carrier who embraces contact, always tries to compete for the gain line and make as many as possible metres but also looking to make a line-break. Focusing on maintaining possession, creating space and looking for opportunities to off-load in a tackle.
GAME AWARENESS	Reads play exceptionally well, anticipates situations and makes composed decisions under pressure. Brings experience across fly-half, centre and wing. Very good rugby IQ.



WORK ETHIC, COMMITMENT & DEVELOPMENT

Consistent Preparation: I attend team training consistently and with enthusiasm. I supplement team sessions with individual work on my ball handling, kicking, speed and agility.

Strength & Conditioning: I follow a structured strength and speed programme in collaboration with my conditioning coach, while prioritising recovery and proper nutrition to optimise my performance.

Tactical Preparation: I combine physical training with match preparation and opposition analysis to improve my readiness, tactical awareness and decision-making on the field.

Coachability & Mindset: I welcome feedback, respect my coaches and teammates, and am always motivated to learn, improve and contribute positively to the team. I believe in discipline, teamwork and leading by example.

Long-Term Ambition: I am deeply committed to developing my rugby skills and physical capabilities, with a clear ambition to progress to the highest level of rugby. I am prepared to keep working hard, learning and earning opportunities through consistent performance, dedication and discipline.

PLAYING EXPERIENCE & ACHIEVEMENTS

2026 | Helpmekaar Kollege – Played for the **First XV**, was selected for the Lions High Performance squad, missed Craven Week due to injury.

2025 | Helpmekaar Kollege – Selected for the **First XV**, played 16 matches and reached the Noordvaal Cup final. I was selected for the Lions High Performance squad.

2024 | Helpmekaar Kollege – Played **U16A** — Part of the Noordvaal Cup-winning team; played 18 matches.

2023 | Hoër Landbouskool Oakdale – Played **U15A**.

Representative honours: Selected for the Gauteng Lions provincial training squads for three consecutive years, including Craven Week training squads in Grades 11 and 12.

PHYSICAL TESTING

BRONCO 4:52

BENCH PRESS 120 kg

SQUAT 190 kg

REFERENCES

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