



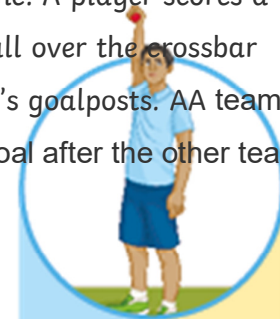
Stillness Juniors Knowledge Organiser - Rugby

Key Skills

Skill	Description
Passing	Used to move the ball down the pitch – they are a variety of passes.
Handling	Passing and running with the ball – requires two hand contact.
Tackling	Trying to stop the opponent eg side-on tackle or front on tackle.
Carrying	Carrying the ball by side stepping, swerving or spinning
Rucking	When players on the team close around the ball to stop the opposition with the ball on the floor after a tackle.
Mauling	Opposite to rucking instead the ball is in a players hand.

Scoring

The two ways of scoring points in rugby are called tries and goals. A player scores a try by touching the ball to the ground behind the opponent's goal line. A player scores a goal by kicking the ball over the crossbar between the opponent's goalposts. AA team can score a penalty goal after the other team breaks the rules

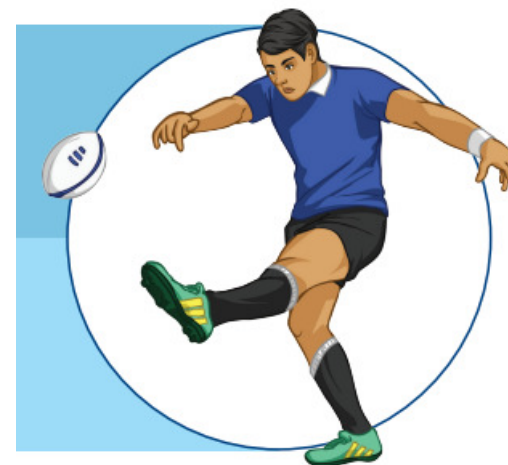


Physical Defence

- Attack and defense
- Free Space
- Losing an Opponent
- Change of Speed
- Timing
- Decision Making

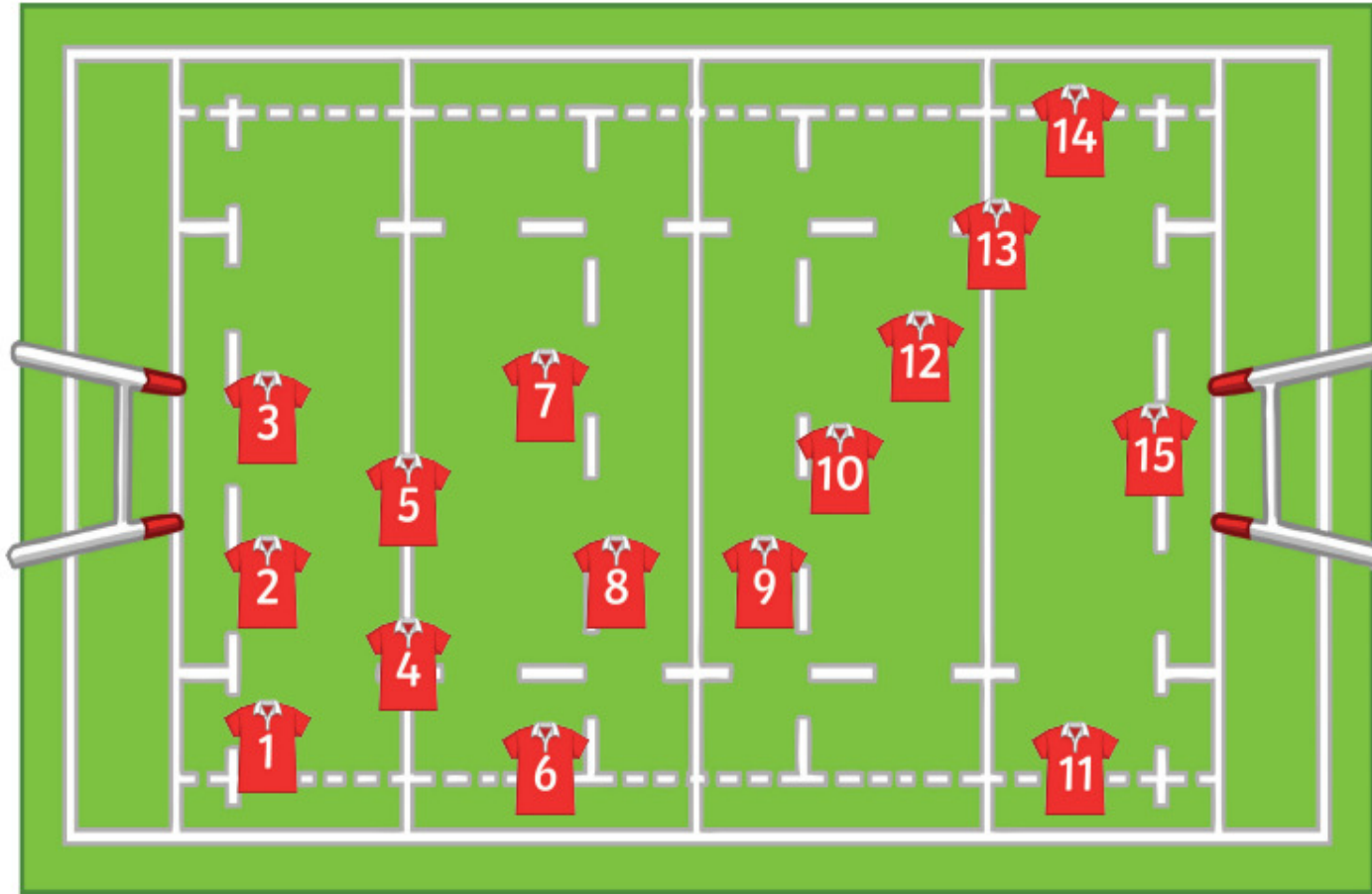
Tactical Skills

- Speed
- Strength
- Power
- Stamina
- Coordination
- Agility
- Reaction Time





Stillness Juniors Knowledge Organiser - Rugby



1. Loosehead Prop

2. Hooker

3. Tighthead Prop

4. Second Row

5. Second Row

6. Blindsided Flanker

7. Openside Flanker

8. Number 8

9. Scrum Half

10. Fly Half

11. Left Wing

12. Inside Centre

13. Outside Centre

14. Right Wing

15. Full Back



Jonah Tali Lomu

He is a New Zealand rugby union player. He became the youngest ever player for the team, when he played his first international in 1994 at the age of 19 years and 45 days.



Maggie Alphonsi

Born in Lewisham, Maggie is a famous former England Rugby player who was the face of the international rugby. In 2015, she then became the first woman to commentate on men's international rugby.