



Rugby Knowledge Organiser

3 top tips of a warm up and cool down

1. Pulse raiser consisting of things such as jogging, high knees.
2. Dynamic stretching (stretches on the move) lunges.
3. Static stretching.

Basic rules

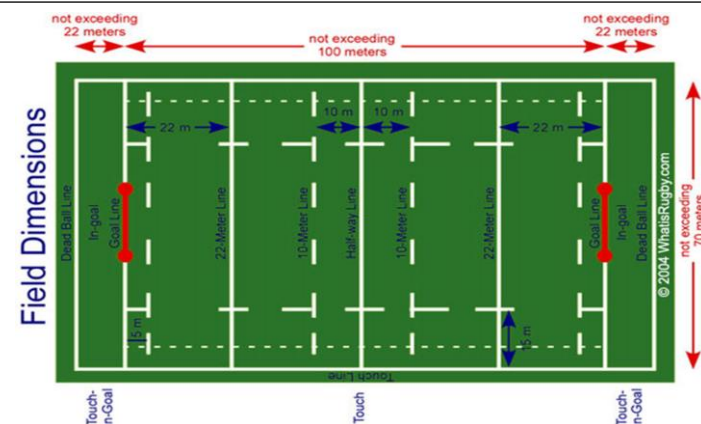
1. A rugby team consists of any number of players ranging from 7 to 15
2. The aim of the game is to score as many **tries** as you can. Each **try** is worth 5 points and a conversion is 2
3. The ball can only be passed backwards or sideways - not forwards
4. Players are allowed to tackle the ball-carrier only

Types of kicks

- Place kick
- Drop kick
- Punt kick
- Grubber kick

Rugby Football
Union (RFU)
Website

www.englandrugby.com



Rugby Positions

