

Cramlington Rockets

Player Roles



Junior Section

What's my role again?



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Im a
full back and
I need to;



- 1. Catch all high and low kicks.**
- 2. Talk to my defence and tell them where to stand.**
- 3. Tackle the person if they break through our defence.**



Im a
Winger
and I need
to;



- 1. Catch all high and low kicks.**
- 2. Take the ball up when we are in our own half.**
- 3. Stay on my wing so I can score try's.**



Im a
Centre and
I need to;



- 1. Stay on my side in attack and defence.**
- 2. Make sure I tackle strongly.**
- 3. Talk to my winger especially when defending.**



Im a
Stand Off
and I need
to;



- 1. Spread the ball around the field.**
- 2. Deliver good attacking and defending kicks.**
- 3. Organise players around me.**



Im a
Scrum Half
and I need
to;



- 1. Support my stand off to spread the ball around the field.**
- 2. Deliver good attacking and defending kicks.**
- 3. Organise players around me.**



Im a
Hooker and
I need to;



- 1. Organise my forwards around the field.**
- 2. Support the ball carrier at all times.**
- 3. Work hard defensively in the middle of the pitch.**



Im a
Loose
Forward and
I need to;



- 1. Be able to pass and kick if my teams needs me to.**
- 2. Support the ball carrier at all times.**
- 3. Run hard with the ball.**



Im a
Second Row
and I need
to;



- 1. Work the hardest in the team.**
- 2. Take lots of drives.**
- 3. Make lots of tackles.**



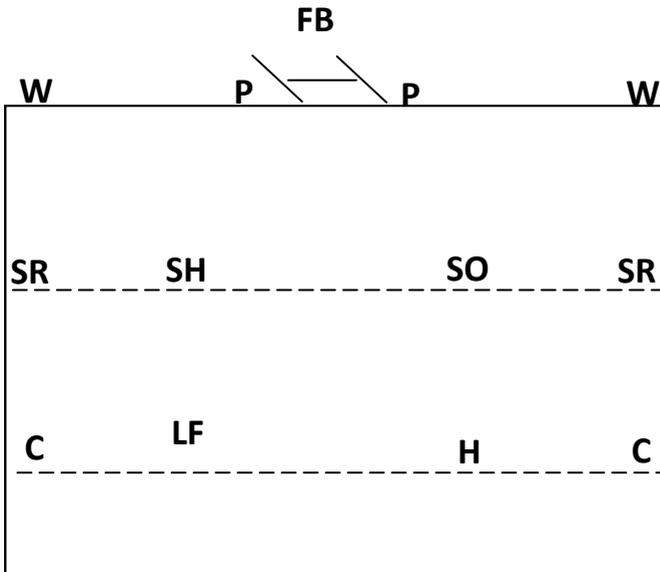
Im a
Prop and I
need to;



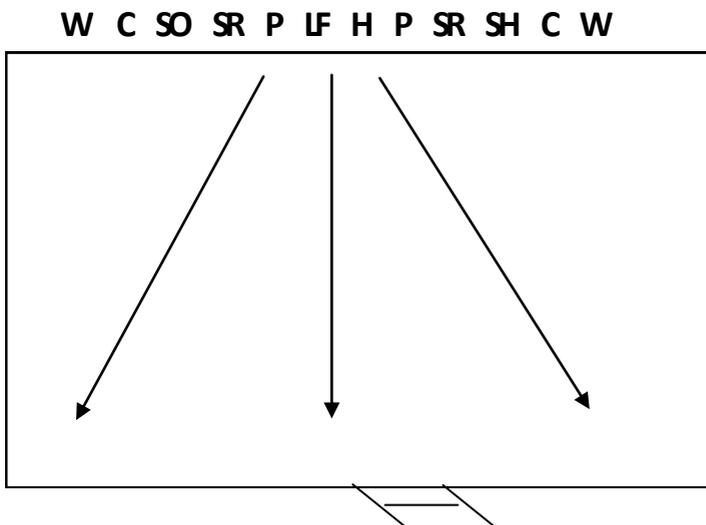
- 1. Work very hard for the time that I am on the field.**
- 2. Take lots of drives.**
- 3. Make lots of tackles.**



Receiving Kick Off



Taking A Kick Off

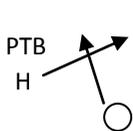


Attack

At this level the three most important things in attack are;

- 1. We go forward with the ball.**
- 2. We are making an effort to play the ball quickly.**
- 3. We are beginning to understand about field position i.e. we don't turn the ball over within our own 20.**

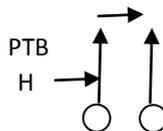
Below are 3 simple ruck plays you may want to introduce.



Drop Off



Face Ball



Pairs

Everything played at the advantage line!



Defence

At this level the three most important things in defence are;

- 1. We have line speed.**
- 2. The 1st of contact is the ball.**
- 3. We are getting numbers in the collision and are trying to slow the play the ball down.**

Remember!!!

1st Person = BALL!!! (max call)

2nd Person = Support (Ribs)

3rd Person = Shoot (legs)

On the floor the golden rule is.....

First one in is the last one out.

