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Playing Rugby League with Benji Marshall by Benji Marshall with Lynn McConnell

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Champion rugby league player, Benji Marshall, shares his knowledge of how to play the game in over 200 pages of photographic action shots, hints, and explanatory text. In a conversational style, he offers personal insights into his career, his early days playing touch, team mates, injuries, and how he copes with highs and lows.

Benji is photographed demonstrating the correct way to pass, kick, tackle, sidestep, and other tactics. Young players are shown practising the moves alongside him. The quality images are a visual guide to learning the skills to play the game well. Accompanying the photos, Benji details the key points of each move in easy-to-follow steps. He outlines the roles of each player in the team, strategies, technique, leadership, and the evolution of the game.

Marshall also shares years of hard-earned advice on eating well, training routines, and protective gear. He offers wise words on how to make sensible decisions, handle distractions, and find a good balance in life.

Primarily aimed at 10 to 18 year-old rugby league players, this is an inspiring, helpful book for players of all ages, coaches, referees, and supporters. It's a top-notch instructional guide covering all aspects of the sport.

Benji encourages players to enjoy themselves while taking part in sport. He offers this thought to consider: "I also learned that life is not about being great at sports, it is about being a better person..."

Author's facebook page:

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**Reviewed by children's book author,
Jean Bennett**

