

best rugby player in the world

Best Rugby Player in the World: Who Truly Reigns Supreme?

Best rugby player in the world—it's a phrase that sparks endless debates among fans, analysts, and players alike. Rugby is a sport that combines physicality, strategy, speed, and skill, and identifying the standout athlete who embodies all these qualities is no easy feat. Whether you're a seasoned rugby enthusiast or someone just getting acquainted with the sport, understanding who the best rugby player in the world is involves looking beyond just stats and trophies. This article dives deep into what makes a player the best, highlights some of the top contenders, and explores the qualities that set them apart on the global rugby stage.

What Defines the Best Rugby Player in the World?

Rugby is a multifaceted game requiring a unique blend of attributes. So, when we talk about the best rugby player in the world, it's not just about who scores the most tries or racks up the most tackles. It's a holistic evaluation of several factors.

Skill Set and Versatility

The best player boasts exceptional skills across various aspects of the game, including passing, kicking, tackling, and game awareness. Versatility is key because rugby positions demand different strengths. For example, a fly-half needs outstanding game management and kicking abilities, while a flanker thrives on speed and tackling prowess.

Consistency at the International Level

Excelling in club rugby is impressive, but the best rugby player in the world consistently delivers top performances on the international stage. Competing against the best teams globally, maintaining high standards, and influencing the outcome of crucial matches are essential markers.

Leadership and Influence

Leadership on and off the field is another defining trait. The ability to inspire teammates, make strategic decisions under pressure, and maintain composure during intense moments often distinguishes good players from the very best.

Impact and Legacy

Finally, impact extends beyond individual games. The best players often redefine playing styles, set new records, and contribute significantly to their teams' successes. Their legacy inspires future generations and elevates the sport's popularity worldwide.

Top Contenders for the Best Rugby Player in the World

Over the years, several players have etched their names in rugby history with outstanding performances. Let's explore some names frequently mentioned when discussing the best rugby player in the world today.

Antoine Dupont - The French Maestro

Antoine Dupont, the scrum-half from France, is widely regarded as one of the most electrifying talents in modern rugby. Known for his blistering pace, sharp decision-making, and exceptional passing skills, Dupont has revolutionized the scrum-half role. His performances in the Six Nations Championship and the Rugby World Cup have earned him accolades and the admiration of fans worldwide.

Beauden Barrett - New Zealand's Playmaking Genius

Beauden Barrett has long been celebrated as one of the most dynamic backs in rugby history. His ability to read the game, combined with his speed and kicking accuracy, makes him a constant threat to defenses. Barrett's World Rugby Player of the Year awards in 2016 and 2017 highlight his brilliance and consistency at the highest level.

Siya Kolisi - South Africa's Inspirational Captain

Siya Kolisi's story is as inspiring as his playing ability. As the first black captain to lead South Africa to a Rugby World Cup victory in 2019, Kolisi embodies resilience, leadership, and passion. His work rate as a flanker, combined with his tactical understanding, makes him a pivotal figure in world rugby.

Owen Farrell - England's Tactical Maestro

Owen Farrell's precise kicking, tactical nous, and leadership qualities have made him a cornerstone of the English rugby team. Farrell is known for his discipline and ability to control the tempo of the game, making him a strong candidate when discussing the best

rugby player in the world.

Why the Debate About the Best Rugby Player in the World is So Fierce

Rugby is played across various leagues and international competitions, each with its own style and intensity. This diversity makes the debate about the best rugby player in the world complex and exciting.

Different Positions, Different Skills

Comparing players across positions is challenging. The attributes that make a prop exceptional differ drastically from what defines a world-class winger. Fans often favor players in roles they understand best or positions they find most exciting, adding layers to the debate.

Changing Dynamics of Rugby

The evolution of rugby tactics and rules influences player roles and capabilities. Modern rugby demands more from players in terms of fitness, adaptability, and technical skill, meaning that today's best players may differ significantly from legends of the past.

Personal Preferences and National Pride

National allegiances and personal biases naturally play a role in discussions about the best rugby player in the world. Supporters often champion players from their home countries or clubs, making the debate a vibrant and ongoing conversation.

How to Identify and Appreciate Rugby's Greatest Talent

If you're looking to deepen your appreciation for rugby and identify top players, here are some tips and insights to guide you.

- **Watch International Tournaments:** Events like the Rugby World Cup, Six Nations, and The Rugby Championship showcase the highest level of play and highlight standout performers.

- **Follow Player Statistics:** Tackles made, meters run, passes completed, and kicking accuracy provide a quantitative look at a player's impact.
- **Observe Leadership Qualities:** Pay attention to how players communicate and motivate their teams during high-pressure situations.
- **Understand Different Positions:** Learning the responsibilities and skills unique to each position helps you appreciate the nuances of each player's contribution.

Beyond Individual Brilliance: The Role of Teamwork in Rugby Excellence

While individual talent is critical, the best rugby player in the world thrives within a team context. Rugby is a sport where teamwork, communication, and cohesion often dictate success.

Synergy Between Players

The ability to anticipate teammates' moves and create seamless plays distinguishes elite players. For instance, a fly-half's vision combined with the winger's speed can turn the tide of a match. The best players excel at enhancing the team's collective strength.

Adaptability and Support

Rugby matches are unpredictable, and the best players adapt quickly to changing scenarios, supporting both offense and defense. This adaptability often involves covering for teammates, adjusting tactics mid-game, and maintaining focus under pressure.

The Future of Rugby's Best Player in the World

As rugby continues to evolve globally, so too does the pool of emerging talent. Young players from diverse rugby nations are pushing boundaries and challenging established stars.

Emerging Stars to Watch

Players like England's Marcus Smith, New Zealand's Richie Mo'unga, and South Africa's Cheslin Kolbe are already making waves with their impressive skills and game

intelligence. These rising stars have the potential to claim the title of best rugby player in the world in the coming years.

Impact of Technology and Training

Advancements in sports science, nutrition, and data analytics are helping players optimize their performance. The next generation of rugby players will likely benefit from these innovations, raising the bar for what it means to be the best.

In the thrilling world of rugby, the search for the best rugby player in the world is an ongoing journey filled with passion, skill, and heart. Whether it's a legendary captain leading his team to glory or a young prodigy dazzling with raw talent, rugby's finest continue to inspire and captivate fans across the globe.

Frequently Asked Questions

Who is currently considered the best rugby player in the world?

As of 2024, the best rugby player in the world is often considered to be Antoine Dupont from France, known for his exceptional skills as a scrum-half.

What qualities make a rugby player the best in the world?

The best rugby player typically demonstrates exceptional skill, speed, tactical awareness, leadership, consistency, and the ability to perform under pressure.

Has any player won the World Rugby Player of the Year award multiple times?

Yes, several players have won the World Rugby Player of the Year award multiple times, including Richie McCaw and Dan Carter, highlighting their dominance in the sport.

How do different positions in rugby influence who is considered the best player?

Different positions require different skills; while backs may be praised for speed and agility, forwards are valued for strength and endurance, so the best player is often someone who excels remarkably in their specific position.

Are there emerging players who could become the best rugby player in the world soon?

Yes, young talents like Caleb Clarke from New Zealand and Louis Rees-Zammit from Wales are showing great potential and could be considered among the best players in the near future.

Additional Resources

Best Rugby Player in the World: An In-Depth Analysis of Rugby's Finest Athletes

best rugby player in the world is a title that sparks passionate debate among fans, analysts, and players alike. Rugby, a sport steeped in tradition and physical prowess, has produced numerous iconic figures who have left an indelible mark on the game. Identifying the best rugby player in the world requires a nuanced understanding of various factors, including skill level, versatility, impact on the field, leadership qualities, and consistency at the highest levels of competition.

Defining the Best Rugby Player in the World

Determining the best rugby player in the world is not as straightforward as it might appear. Rugby is a multifaceted sport with several positions, each demanding a unique set of skills. Forwards and backs fulfill drastically different roles; therefore, comparing a lock forward to a fly-half involves evaluating contrasting attributes. The best player is often one who combines technical ability, tactical intelligence, physicality, and mental resilience.

Several criteria are typically employed when assessing players:

- **Performance Metrics:** Tries scored, tackles made, line breaks, meters gained, and turnovers won.
- **Consistency:** Ability to perform at an elite level across multiple seasons and tournaments.
- **Leadership:** Influence on team dynamics and capacity to inspire teammates.
- **Versatility:** Capacity to adapt to different playing styles or positions.
- **Impact in Key Matches:** Delivering under pressure during World Cups, Six Nations, or The Rugby Championship.

The Contemporary Contenders for Best Rugby Player in the World

Currently, the international rugby scene is rich with exceptional talent. Names such as Beauden Barrett, Maro Itoje, and Pieter-Steph du Toit frequently surface in discussions about the best rugby player in the world. Each brings a distinctive style and set of strengths to the pitch.

Beauden Barrett: The Mercurial Playmaker

Beauden Barrett, the New Zealand All Blacks' maestro, is often cited as one of the best rugby players globally due to his extraordinary speed, vision, and kicking accuracy. Barrett's ability to orchestrate attacks and exploit gaps in defensive lines has made him a lethal weapon in both the fly-half and fullback positions.

His accolades include multiple World Rugby Player of the Year awards, underscoring his elite status. Barrett's gameplay is characterized by rapid decision-making and an uncanny ability to read opponents, making him a focal point in New Zealand's offensive strategy.

Maro Itoje: The Modern Lock Forward

England's Maro Itoje has revolutionized the role of the lock with his athleticism and work rate. Standing at 6'5" and possessing remarkable agility for a forward, Itoje combines lineout expertise with breakdown dominance. His defensive contributions and ability to disrupt opposition ball have earned him widespread recognition.

Itoje's leadership on the field and his capacity to perform consistently in the European club competitions and international fixtures position him as a prime candidate for the best rugby player in the world.

Pieter-Steph du Toit: The Defensive Powerhouse

From South Africa comes Pieter-Steph du Toit, a flanker renowned for his tackling precision and relentless energy. He was instrumental in South Africa's 2019 Rugby World Cup triumph, demonstrating versatility by effectively covering multiple back-row positions.

Du Toit's defensive prowess and work ethic exemplify the qualities of top-tier rugby athletes. His ability to slow down opposition attacks and contribute offensively when needed adds to his profile as one of the best rugby players in the world.

Statistical Comparisons and Performance Highlights

A data-driven approach sheds light on the comparative merits of these elite players. For example, Beauden Barrett's average meters gained per game often exceeds 100, reflecting his impact on territorial advantage. Conversely, Maro Itoje's average tackles per game and lineout steals highlight his defensive mastery.

When analyzing World Rugby rankings and player statistics from recent international tournaments, a pattern emerges: players who combine offensive creativity with defensive reliability tend to be rated highest. The best rugby player in the world is often a well-rounded athlete who influences all facets of the game.

Key Performance Indicators (KPIs) to Consider

1. **Try Involvement:** Direct contribution to scoring efforts through tries or assists.
2. **Tackling Efficiency:** Ratio of successful tackles to attempts, indicating defensive reliability.
3. **Turnovers Won:** Ability to regain possession, critical in high-stakes matches.
4. **Kicking Accuracy:** Vital for fly-halves and fullbacks, influencing territorial play.
5. **Work Rate:** Measured by distance covered and involvement in rucks and mauls.

The Evolution of Rugby and Its Impact on Player Excellence

Modern rugby demands a combination of physical fitness, technical skills, and strategic acumen. The best rugby player in the world today must adapt to faster game speeds, increased tactical complexity, and rigorous defensive systems. Enhanced training methodologies and sports science have raised the bar for athletic performance, making the competition for the title fiercer than ever.

Players like Barrett, Itoje, and du Toit have thrived in this environment by continuously evolving their game, incorporating video analysis, nutrition, and psychological preparation into their routines. This holistic approach to athlete development reflects the modern era's demands.

The Role of Global Rugby Competitions

International tournaments such as the Rugby World Cup, Six Nations Championship, and The Rugby Championship serve as crucial platforms for players to showcase their skills on the world stage. Performances in these high-pressure environments are often pivotal in distinguishing the best rugby player in the world.

For instance, Beauden Barrett's standout displays in the Rugby World Cup and The Rugby Championship have cemented his reputation. Similarly, Maro Itoje's dominance in the Six Nations and European club rugby enhances his global standing. Pieter-Steph du Toit's pivotal role in South Africa's World Cup success exemplifies how tournament performances influence perceptions of player excellence.

Conclusion: The Ongoing Debate and Future Prospects

While the debate over the best rugby player in the world persists, what remains clear is the extraordinary talent and dedication required to earn such recognition. The players who rise to this level combine physical gifts with mental toughness and a deep understanding of the game.

As rugby continues to evolve, new contenders will emerge, and existing stars will adapt. The best rugby player in the world today may not hold that title tomorrow, but the pursuit of excellence remains a constant thread weaving through the sport's rich tapestry. Fans and analysts alike will continue to watch with keen interest as rugby's finest write the next chapters in this ongoing story.

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decades at the frontiers of high-performance into his 'perfect ten' lessons. You won't find conventional wisdom here, but hard-learned truths, including: - Why great leaders are made, not born, and why they must constantly evolve - How to forge a winning team culture - Why embracing your past can be every bit as important as looking towards your future - Why empowering others leads to the best decisions - Why confidence and self-belief are nothing without humility and a beginner's mindset Honest, surprising and inspiring, *The Art of Winning* converts a legendary career into timeless lessons for readers in any walk of life. Step inside the unique culture of the All Blacks - and inside the mind of a legend.

best rugby player in the world: *Modern Sports around the World* David Asa Schwartz, 2021-06-14 This superbly written volume will appeal to sports and physical education students; researchers in foreign policy, gender studies, history, politics, sociology, and technology; and general high school and college readers who enjoy the odd sports history factoid. - Library Journal Sports have become an international spectacle that influences nations' foreign policy, world economies, and regional morale. Hundreds of billions of dollars are at stake as governments and multinational corporations rush to make sure they have a place at the table. And yet, sports come from humble beginnings. We are fascinated by who can run the fastest, lift the most weight, jump the highest, swim the farthest, and act with the most precision. The history of sports is the history of the world. Each chapter features one sport and details that sport's origins, global migration, economic forces, media influences, political environment, pop-culture inspirations, scandalous moments, and key individuals. Sports history is a tapestry of sociological variables; this text weaves them together to create a unique history book that explains not only where humanity has been, but where it might be going.

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best rugby player in the world: *Great Australian Sporting Stories* Ian Heads, Norman Tasker, 2019-10-29 'Heads and Tasker, legends themselves, set out to write a book that would continue the trail laid by early-days sporting scribes of long ago. I could not put it down.' John Coates AC, President of the Australian Olympic Committee 'I know readers will enjoy the many stories and anecdotes that Heads and Tasker have accumulated over more than a century combined in journalism.' Ian Chappell, former Australian cricket Captain. Australia enjoys a rich sporting heritage. Our small population has yielded a disproportionate number of champions. These sports stars have become known worldwide as fierce combatants and honourable competitors, achieving soaring victories, but also heart-pounding near-wins and humbling defeats. Veteran Australian sports journalists Ian Heads and Norman Tasker have seen it all. In these 65 original stories, we hear of the explosive introduction of World Series Cricket in 1977, which turned a genteel endeavour into a high-octane contest, and the clash of the titans as Packer and Murdoch squared off over the Super League war. We see Rugby Union become a battleground for race and the Olympics an arena for sublime acts of courage and achievement. We get an insider's perspective on every kind of sporting endeavour - from boxing to tennis, cricket to AFL, athletics to rugby league - and not just the action on the field, but the change room gossip and clubhouse politics as well. Written with wit, insight and a wealth of knowledge, *Great Australian Sporting Stories* is an enthralling expedition into the combative, collegiate, entertaining and always exciting world of Australian sport.

best rugby player in the world: *The Player in New Zealand* Liz Alden, 2022-03-22 A grumpy boss romantic comedy with a retired rugby player the woman who stands up to him! That surly ex-rugby player making a ruckus in the dark corner of the bar I work at? Yeah, I try to avoid him. Too bad he's my boss. I thought I was grumpy AF but I've met my match. Tane Parata has two moods when I see him in the bar he co-owns with his sister: grouchy in a dark corner or reliving his rugby days with a rowdy group that likes to cause trouble. I try to avoid him at all costs—the last

thing I need is more male drama in my life after my stalker ex. He's why I came to New Zealand—to escape. When my closest friend in the country—who happens to be Tane's sister—asks me for a huge favor, I can't say no. Now I'm Tane's fake date to a family wedding, and it turns out he is trying to turn his life around. Adventuring around New Zealand opens my eyes to more than just Lord of the Rings fandom and sheep. I didn't expect to fall in love with the country...or Tane. The Love and Wanderlust Series The Night in Lover's Bay (free prequel short story) The Fling in Panama The Slow Burn in Polynesia The Second Chance in the Mediterranean The Rival in South Africa (standalone novella) The Player in New Zealand The Best Friend in Indonesia (free standalone short story)

Keywords: workplace romance, rugby romance, romantic comedy, rom-com, grumpy hero, grumpy heroine, enemies to lovers, retired player, stalker ex, forced proximity, tattoos, adventure, fake date, steamy, smutty, spicy sex scenes, spicy tiktok, romantic comedy, romcom, spicy booktok, spicy adult books, vacation reads, spicy quick read, spicy books, novella, lol romcom, quick reads steamy, witty banter romance, romcom spicy, spicy books for women, novella romance, spicy romance, romance novella, rom com books, spicy novella, grumpy romance, romcom kindle books, hot romance books for women, spicy books for women, spicy vacation romance beach reads, banter romance, rom com spicy, quick reads steamy romance, quick reads steamy romance, steamy romance novels for women, romantic comedy romcom, romcom books, sharing a bed romance, romantic comedy romance, rom com novella For fans of Meghann Quinn, Lucy Score, Pippa Grant, and Claire Kingsley.

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best rugby player in the world: Jonny: My Autobiography Jonny Wilkinson, 2011-11-10 Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In *JONNY*, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later.

best rugby player in the world: Kicking It Around the Globe Matthew Burke, 2016-08 Not too many soccer players reach the pinnacle of their sport, while along the way being sledged by ball-boys, mystified by the coffee-table rule, terrified by Jonah Lomu, and sharing a rum and Coke with the future King of England. Not to mention scoring 25 points in a World Cup final. Yes, you could say that Wallaby legend Matt Burke had some interesting times during his illustrious career.

In *Kicking It Around the Globe*, Matt takes us behind the scenes, inside the four walls of the change room and the four lines of the soccer pitch, with revealing, often hilarious tales of his playing days. There are the trials and tribulations--being clobbered on his club debut for Eastwood as a 17-year-old and fumbling embarrassingly in his first match for the Wallabies. There are the better times too--Matt's stellar performance in the unforgettable 1999 World Cup final and his breathtaking Bledisloe Cup-winning penalty in 2002. And all with the banter in the background of teammates, opponents, referees, ball-boys, and the occasional less-than-helpful member of the crowd. *Kicking It Around the Globe* is an insider's view of the passion and humor of the world of rugby, seen through the eyes of one of its finest players.

best rugby player in the world: Rodney Hartman - The Show Must Go On Kevin Ritchie, 2012-09-27 Rodney Hartman was all things to sports journalism: informed and knowledgeable writer, editor, teacher, biographer, mentor, sounding board and confidant. When the news came on the morning of the 19th of May 2010 that he had lost his long battle with cancer, tributes began to pour in from all who had known and respected him. Rodney ('Rodders' or 'Harters' to those who knew him best) had an indelible influence on South African sports journalism and, indeed, journalism as a whole. Collected in *Rodney Hartman: The Show Must Go On* are some of Rodney's best columns from his time at *The Star*, pieces which editor Moegsien Williams describes as 'essential reading for anyone interested in sport and a master class for aspiring young journalists'. With a Foreword by Ali Bacher and Essays by Archie Henderson, Kevin McCallum and Kevin Ritchie.

best rugby player in the world: This is Your Everest Tom English, Peter Burns, 2021-05-27 Shortlisted for the William Hill Sports Book of the Year 'Magnificent ... the pinnacle of rugby writing' - Owen Slot, *The Times* The 1997 British & Irish Lions tour to South Africa is one of the most iconic in rugby history. Written off at home and abroad, Martin Johnson's men were given no hope of success against the world champion Springboks in their own backyard. But a combination of brilliant coaching, astute selections and outstanding players laid the foundations for the touring side's outstanding attacking mindset and brutal stonewall defence. On the other side was a team expected to stamp their authority on the tourists and confirm their place as the best side on the planet. But with political, racial and economic scandals swirling around the Springbok camp, plus a rookie coach parachuted into office just before the tour began, the hosts were under huge pressure. In a Test series that will go down in legend as one of the most compelling of all time, the sides could barely be separated. This is the inside story from both camps as they battle for supremacy, lifting the lid like never before as a huge cast of characters look back on those extraordinary weeks and the impact it had on their lives and careers thereafter. Hilarious, insightful and spine-chilling, Tom English and Peter Burns provide the perfect read for all Lions fans.

best rugby player in the world: Great Irish Heroes - Fifty Irishmen and Women Who Shaped the World Stuart Pearson, 2016-04-07 How did the Irish independence movement lead directly to the invention of the modern submarine? Who was the Irish 'Queen' of Paraguay whose delusions of grandeur caused the destruction of her adopted country? Who escaped execution for participating in the Easter Rising of 1916, only to go on and be elected to the UK Parliament in London? Whose belief in reform through non-violent means became the inspiration for Mahatma Gandhi, Nelson Mandela and Martin Luther King? The answers to these questions and more can be found in the pages of *Great Irish Heroes*, covering over a thousand years of Irish history and encompassing outstanding leaders in a broad range of pursuits, including literature, mathematics, sport, religion, entertainment and politics. Ireland has for centuries produced a great number of exceptional, heroic men and women far out of proportion to the island's small population and geographical size. It is also true to say that few nations have been so shaped by their history, a history with which the country still resonates today. In this companion volume to his *Great Scottish Heroes*, Stuart Pearson examines the lives and careers of fifty of the greatest Irishmen and women from St Columba to Brian O'Driscoll, Brian Boru to Pierce Brosnan. In doing so, he shows how this remarkable island race has contributed so much to our world, and continues to do so to this day.

best rugby player in the world: Glory Game Joost Van der Westhuizen, Odette Schwegler,

2016-11-10 In 2011 the world was shocked when the news broke that Joost van der Westhuizen, known for years as the golden boy of South African rugby and a former Springbok captain, had been diagnosed with motor neuron disease (MND). This rare condition attacks the central nervous system, causing progressive disability. There is no known cure. All who have seen Joost in action will know that he is not one to give up without a fight. His game-changing prowess as a brilliant scrum half is now focused on a battle for survival and, more importantly, on making a difference to the lives of others with the disease. In a race against time, Joost has a dream to fulfil. He says: In the beginning you go through all the emotions and you ask, 'Why me?' It's quite simple. 'Why not me?' If I have to go through this to help future generations, why not me? His acceptance of his symptoms is equally pragmatic: One day you can't move your arm, another day you don't have speech. Every day you are reborn and you take the day as it comes. *Glory Game - The Joost van der Westhuizen Story* is a compelling narrative of redemption set against the backdrop of an illustrious career in rugby. It is the story of a modern-day warrior forced to face his own human frailty. Joost shows us that beyond ambition, success and fame lies the true wealth of family and friends, and that within a ravaged body the spirit can remain invincible.

best rugby player in the world: Jonah - My Story Jonah Lomu, 2012-08-13 He was rugby's first truly international celebrity and he remains one of the game's greatest heroes. A decade after the publication of his blockbuster autobiography, Jonah Lomu opens up like never before about life after the All Blacks. In this deeply moving, sometimes explosive update to *Jonah: My Story*, the big man talks candidly of his life and his loves, of reconciliation and betrayal, and of the tragic illness that has been the one constant in his life since he first thundered on to the world's sporting stage. It's 10 years since he played his final match for the All Blacks, but still Jonah Lomu remains the most recognisable rugby face on the planet. In this much awaited update to his 2004 best-selling biography, Jonah talks about the highs and lows of that last decade with candour and honesty. Packed with astonishing revelations, including the split with his long-time manager, the breakdown of his marriage and the deeply moving reconciliation with his father, Jonah is also open about his on-going health problems. He details his brave battle with nephrotic syndrome, which eventually led to a kidney transplant and talks about his current health situation, which sees him again in complete renal failure and requiring a second transplant. Despite the cruel hand Jonah Lomu has been dealt, he remains cheery and optimistic, sharing the good times along with the bad — including his joy at becoming a father and how his two young sons have helped save him from the 'dark times'.

best rugby player in the world: All Blacks Don't Cry John Kirwan, Margie Thomson, 2011-04-04 I've been to hell and I'm back. If you're in that same place, then I understand what you're going through. 'John Kirwan was one of the most devastating wingers New Zealand, and world, rugby had ever seen. A prominent and revered figure at the dawn of the professional age of rugby, he seemed to live a charmed life. But nobody knew, though, that b...

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students and practitioners working in sport psychology or sports coaching.

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