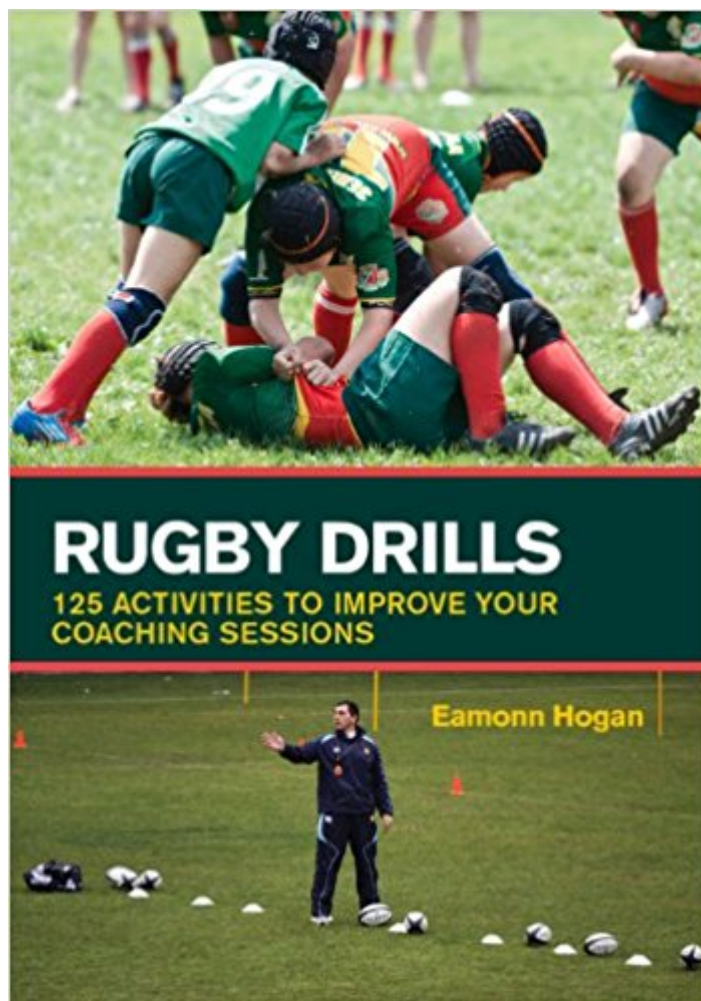




The book was found

Rugby Drills: 125 Activities To Improve Your Coaching Sessions



Synopsis

A collection of 125 activities, practices, and games designed to improve coaching sessions at all levels of the game. The rugby drills presented here are organized into chapters according to a particular skill or phase of the game, from the warm up to handling, contact, lineout, scrum, kicking, and defense. Each chapter starts with a series of simple activities before progressing through to more complex ones, each broken down into step-by-step explanations and diagrams, as well as guidance on how to increase the level of difficulty. Tried and tested over a number of years, and proven to work in developing skills and teamwork with players of all abilities, many of the drills were created by the author, while some have been used by the most famous coaches in the world. All of them were designed for use without the need for specialist or expensive equipment.

Book Information

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Customer Reviews

Not a lot of new info if you've been around for a while, not a particularly convenient layout to the book either. Disappointed but can imagine new coaches finding it useful.

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