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Rugby Games & Drills



Synopsis

Improve technique, game sense and fitness levels with the aid of Rugby Games & Drills.

Developed by one of the game's top coaches and endorsed by the Rugby Football Union, Rugby Games & Drills contains over 115 games and drills. Perhaps we want to say "activities" Also, total may change. Laura Xqq designed to bring out the very best in players, regardless of age or ability or rugby code. This book is packed with the most effective games and drills for improving core skills such as handling, kicking and decision making while providing tough physical challenges. In addition, the detailed descriptions with accompanying illustrations will help you make the most of training sessions and ensure you are ready for game day. Rugby Games & Drills is the ideal companion for coaches and players of both rugby league and rugby union looking to maximize talent and harness their potential.

Book Information

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Customer Reviews

The Rugby Football Union (RFU) is the national governing body for grassroots and elite rugby in England, with 1,900 autonomous rugby clubs in its membership. The RFU provides over 30,000 coaching sessions each year for its clubs. The clubs have 35 distinct groups, composed of counties, the three armed forces, Oxford and Cambridge universities, the England Schools Rugby Football Union, and England students. Simon Worsnop is a coach of both rugby union and rugby league and has over 20 years of experience working in the game. Simon is the National Academy fitness adviser for the Rugby Football Union (RFU). In this role, he has worked with England under-19, under-20 and under-21 teams and has been involved with these age groups at six world championships. The holder of several strength and conditioning awards, Simon is both the strength

and conditioning coach and an assistant rugby coach in the England under-20 setup. In his coaching role, he seeks to develop games to support team principles and improve individual defensive technique. Simon has also held a similar role with the Rugby Football League (RFL) and was involved with the full Great Britain, England & England A teams. During his career, Simon has been involved in developing level 1, 2 and 3 certificates in coaching strength and conditioning.

I've coached Rugby players from 13 years of age to 42 years of age, and within this book you will always find something different to do, which even a 42 year old rugby veteran can enjoy, and has never done before. Besides all the great drills in the book, when it comes to that point where you have done it all or tested it all, the drills can provide a great basis for constructing your own unique drill with which you can teach a new skill, or a much needed one, to your players. You can combine the drills, or reconstruct them, but one thing is for certain, if you are struggling to think of something to do in your next coaching session, this book will give you many good ideas. And if the drill is presented correctly, your players will enjoy them as well. I still haven't used all the drills.

One thing that makes coaching rugby more pleasurable for the players than football is that there are games you can use to teach aspects of the game. This book is full of those games. The drills are also quite beneficial. The diagrams and explanations are well thought out. Overall, it is a good resource for a serious rugby coach.

i am having problems in choosing my words: this book is simply great. easy to read and full of excellent advice for coaching from basics to medium level ruggers. I would recommend it every day, and if they publish a vol.2 with more drills I will buy it

I think this book has excellent games for a newbie coach like myself. By the digital edition and save some trees.

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