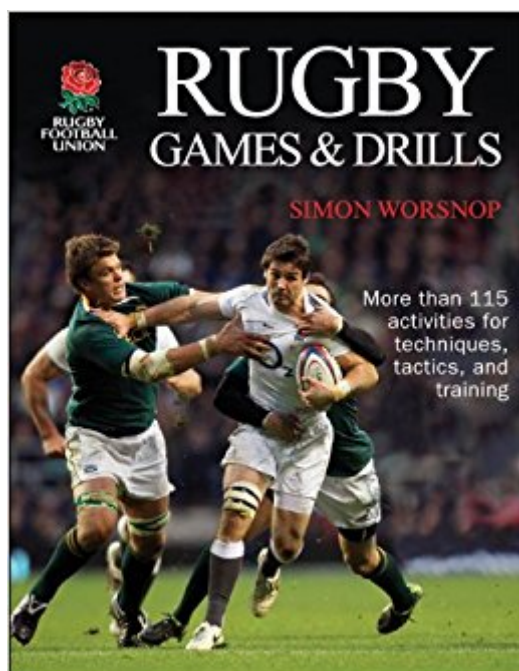


The book was found

# 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

Paperback: 216 pages

Publisher: Human Kinetics; 1 edition (October 4, 2011)

Language: English

ISBN-10: 1450402135

ISBN-13: 978-1450402132

Product Dimensions: 10.9 x 8.5 x 0.5 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #674,979 in Books (See Top 100 in Books) #45 in Books > Sports & Outdoors > Other Team Sports > Rugby #2009 in Books > Sports & Outdoors > Coaching

## 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.

[Download to continue reading...](#)

How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Rugby Classics: Total Rugby: Fifteen-a-side Rugby for Player and Coach The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) Rugby Games & Drills Youth Volleyball Drills, Plays, and Games Handbook Free Flow Version (Drills and Plays 7) MMA,

Grappling, and Self-Defense Drills and Warm-Ups: Over 50 Drills, Games, and Warm-Ups  
Thatâ™™ Keep Your Students Training Through Black Belt (Martial Arts Business Success Steps  
Book 9) Rugby Revealed: Reaching Your Rugby Potential Rugby Classics: Think Rugby: A Guide to  
Purposeful Team Play iCubed: The All Blacks' Winning Rugby Coaching System (iCubed: The  
Winning Rugby Coaching System Book 5) Rugby's Great Split: Class, Culture and the Origins of  
Rugby League Football (Sport in the Global Society) The Art of Scrummaging: A History, a Manual  
and a Law Dissertation on the Rugby Scrum - A Rugby Scrum Thesis TOUCH RUGBY: The  
ultimate game-sense tool to teach rugby skills and decision making while having fun Warriors Word  
Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word  
Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble,  
Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board  
Games, Parlor Games, New Poker Variations, and More Travel Games for Adults: Coloring, Games,  
Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two,  
Scavenger Hunts, ... Word Search, Word Scramble and more The Soccer Games and Drills  
Compendium: 350 Smart and Practical Games to Form Intelligent Players - For All Levels Kids'  
Lacrosse Drills: Drills That Work for Elementary School Boys Softball Fielding Drills: easy guide to  
perfect your softball fielding today! (Fastpitch Softball Drills) Softball Hitting Drills: easy guide to  
perfect your softball hitting today! (Fastpitch Softball Drills)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)