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TOUCH RUGBY: The Ultimate Game-sense Tool To Teach Rugby Skills And Decision Making While Having Fun



Synopsis

Want to coach rugby and have fun? Touch rugby is an ideal way to teach many different skills in lots of different ways while your players enjoy the competitive nature of games. In this book I will cover all the main variations and how you can introduce into your training to:

- > Improve decision-making
- > Develop specific skills
- > Enhance teamship and leadership
- > Challenge players under pressure
- > Work on fitness
- > Enjoy playing the game.

Inside you will find:

- How to coach with touch rugby
- The do's and don'ts of playing
- How to change the rules to suit what you want
- Over 20 games
- Games finder to choose the right game
- What is game-sense?
- It's using games to help players learn skills under pressure in decision making situations.

Book Information

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