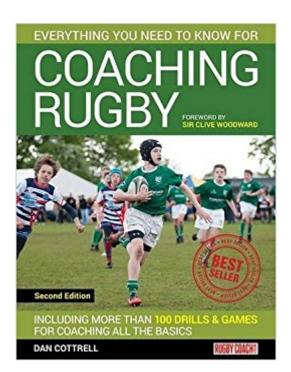


The book was found

Coaching Rugby





Synopsis

Foreword by Sir Clive Woodward. Anxious about coaching rugby to children? Maybe you're already coaching, but sometimes struggle to get your points across to your players? Perhaps you find yourself frequently running out of preparation time or think your sessions are becoming dull? Coaching Rugby is Dan Cottrell's best-selling manual created for new and aspiring coaches of junior players. It is designed to help you build your players' techniques, skills and understanding of the whole game from ages 8 to 16, to give them the best start possible to their rugby playing career. Divided into two parts, part one focuses on the basics of working with young players in a safe and rewarding environment. Part two contains more than 100 training sessions, games and developments to coach and enhance all the basic skills of rugby union.

Book Information

Paperback: 146 pages Publisher: Green Star Media Ltd; Revised edition (June 22, 2015) Language: English ISBN-10: 1910338435 ISBN-13: 978-1910338438 Product Dimensions: 7.4 × 0.3 × 9.7 inches Shipping Weight: 14.1 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #733,147 in Books (See Top 100 in Books) #53 in Books > Sports & Outdoors > Other Team Sports > Rugby #1074 in Books > Sports & Outdoors > Coaching > Training & Conditioning

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