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Rugby Revealed: Reaching Your Rugby Potential



Synopsis

Rugby Revealed is the definitive guide to rugby in terms of the roles and responsibilities of each individual position and how they combine to create a tactically astute rugby team. This engaging guide to rugby union will help coaches and players understand the modern game, giving practical advice to achieve maximum results with optimum technique. With its mix of contributions from leading names, practical coaching advice and player statistics, Rugby Revealed includes: • the roles and responsibilities of each position in 15-a-side rugby • correct technique for core skills • the mechanics of the set piece • the elements for a successful attack and defense Professional players such as Jamie Roberts, Aaron Smith, Johnny Sexton, George Ford, Cian Healy, Manu Tuilagi, Keven Mealamu and Marcos Ayerza, and leading coaches, including Stuart Lancaster, Mike Cron, Dr. Dave Alred, Mike Ford, Brendan Venter and Sir John Kirwan, are some of the 101 top names who share their insights into the game. This highly accessible guide will help new, emerging and developing players and coaches reach their rugby potential.

Book Information

Paperback: 240 pages

Publisher: Bloomsbury USA (September 1, 2015)

Language: English

ISBN-10: 1472916182

ISBN-13: 978-1472916181

Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars • See all reviews (7 customer reviews)

Best Sellers Rank: #790,555 in Books (See Top 100 in Books) #84 in Books > Sports & Outdoors > Other Team Sports > Rugby #2303 in Books > Sports & Outdoors > Coaching

Customer Reviews

Imagine you could sit in a room with some of the top players and coaches in the world of rugby and ask them questions about coaching and playing - or just listen in. That's what this book is: just tons of great insights, suggestions, techniques, tips, tid- bits, and approaches to playing and coaching. Each section is packed full of interesting stuff. Some developed overviews regarding aspects of the game, from scrumming to tackling (which is particularly good), to running lines, positional skills to personal approaches, but also just little pearls and phrases that stick ("one bullet, one kill" for rucking is my new favorite) and advice from players and coaches. I was skeptical that the format

would allow for substantive ideas and insights to be developed, but I find myself reading sections over again, pondering them in the context of my own coaching, and finding that these little seeds and nuggets take hold and grow. No coach, player or fan will be disappointed by what they find in these pages. It's going right next "Total Rugby" on my shelf ... if I even put it up on a shelf. And it's very nice to look at; great layout, pics and diagrams. Really excellent!

This book is a must buy for any rugby fan, player or coach who wants to develop a deeper understanding of the game. The authors have done an unbelievable job of acquiring so many world class players and coaches who all give their insight into how to be a player or coach. This book will stand the test of time and will undoubtedly become the Rugby Bible for many years to come. Well worth it!!

My husband is hooked on this book. He's always commenting about something in it and making notes in the margins. He even posted this on Facebook: "Rugby Revealed should be required reading even for the most experienced rugby coach and for any player thinking they can make the next level."

The book gives a very insitefull summary of each position, and motivating words that give direction to young or begining players looking to improve.

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