

Tag Rugby

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A Complete Guide to Tag Rugby
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League Tag
Touch Rugby Resource Kit
Touch Rugby
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Tag & Mini Rugby
Games for Rugby Training
Touch rugby
Rugby N A. Leonard
Rugby Football Union
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essential guide to the non contact sport of tag rugby a safe and fun way of introducing rugby to under 10s

this book is the ultimate resource for players and coaches of touch rugby at all levels and stages of the game as well as rugby union and league players and coaches wishing to incorporate touch principles into their training and approach touch rugby is a rapidly growing game and an attractive sport to rugby coaches and players because of the core skills it develops and the high levels of fitness it encourages the absence of contact the high value placed on developing foundational rugby skills and the game s capacity to be played by men s women s and mixed teams makes it the ideal sport for pre season training and also to the fitness community more generally the book outlines player pathways from beginner to intermediate to elite the core fitness requirements of the sport speed dynamism and agility are clearly described alongside advice on programmes that encourage the development of these abilities an essential buy for every touch rugby coach or player

want to coach rugby and have fun want to use more realistic games in training 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 teamwork and leadership challenge players under pressure work on fitness enjoy playing the game inside you will find how to coach with touch rugbythe do s and don ts of playinghow to change the rules to suit what you wantover 20 gamesgames finder to choose the right gamewhat is game sense it s using games to help players learn skills under pressure in decision making situations

this exciting introduction to rugby will help kids get to grips with the rules of the game learn new rugby skills and stock up on rugby world records this dk children s book looks at the history of the game and touches on the main types of rugby including rugby union rugby league tag and touch rugby did you know that rugby can even be played on sand or snow or that japan are hosting the rugby world cup this year find out all about the world cup and the six nations both womens and mens from how it began to which nation has the most wins there are fascinating stats on every page with profiles of famous rugby players past and present including jonny wilkinson and jonah lomu step by step graphics alongside photography clearly show how to pass the ball and explain what scrums mauls and lineouts are are you ready to get involved

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