



Rugby Games Drills

By Rugby Football Union

Human Kinetics. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 10.9in. x 9.1in. x 0.6in. Improve technique, game sense and fitness levels with the aid of Rugby Games and Drills. Developed by one of the game's top coaches and endorsed by the Rugby Football Union, Rugby Games and Drills contains over 115 games and drills qq: 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 and Drills is the ideal companion for coaches and players of both rugby league and rugby union looking to maximize talent and harness their potential. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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