Everything You Need to Know for Coaching Rugby: Including More Than 100 Drills and Games for Coaching All the Basics (Paperback)

By Dan Cottrell

Green Star Media Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 2nd Revised edition. 256 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.With a foreword by former England manager Sir Clive Woodward, Everything You Need To Know For Coaching Rugby is Dan Cottrell s best-selling manual created for new and aspiring coaches of junior and senior players. 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? This comprehensive book, which contains more than 100 drills and games for coaching all the basics, is designed to help you build your players techniques, skills and understanding of the whole game from ages 8 to 16. 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 practical training sessions, games and activities to coach and enhance all the basic skills of rugby union.

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