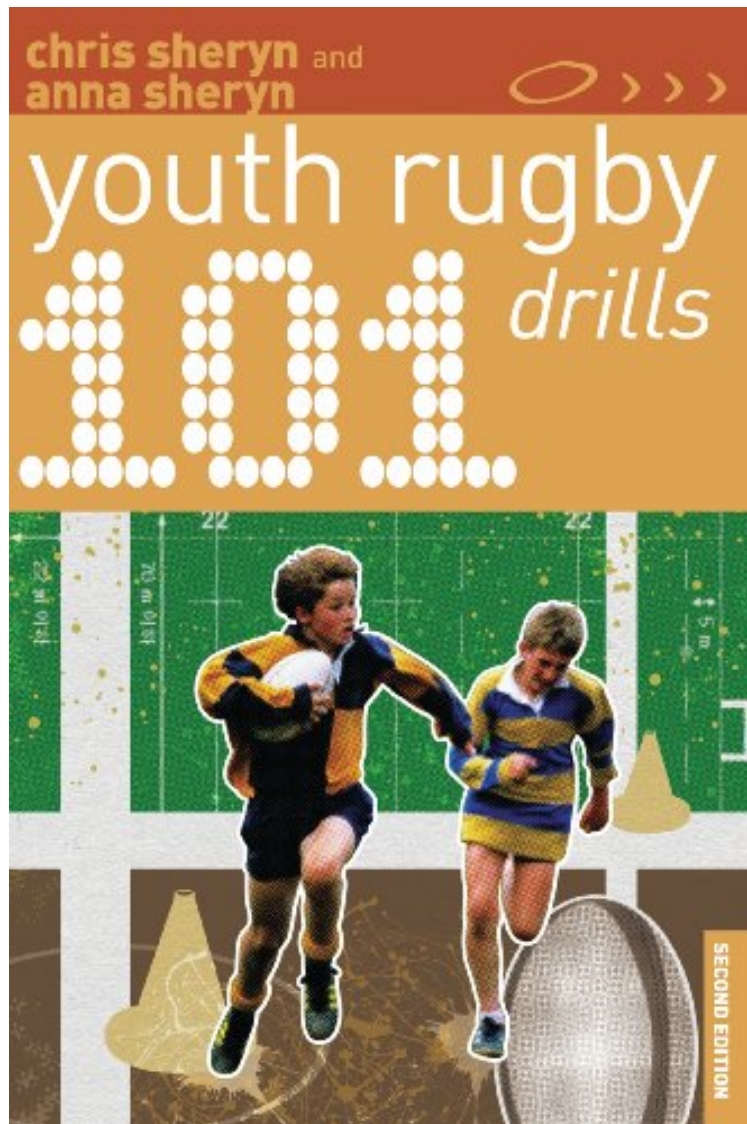


(Read free) 101 Youth Rugby Drills (101 Drills)

101 Youth Rugby Drills (101 Drills)

Von Chris Sheryn, Anna Sheryn
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Von Chris Sheryn, Anna Sheryn : 101 Youth Rugby Drills (101 Drills) before purchasing it in order to gage whether or not it would be worth my time, and all praised 101 Youth Rugby Drills (101 Drills):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Gutes Trainingsbuch!Von El ComandanteDas Buch ist zwar auf Englisch, aber die bungen sind gut erklrt und relativ einfach durchzufhren.Ich benutze die bungen oft im Fuballtraining mit meinen (Jugend)Mannschaften - mit groem Erfolg!

Kurzbeschreibung Designed specifically for younger players, 101 Youth Rugby Drills is the practice bible for youth rugby coaches. It contains a range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills required to introduce rugby, including: - warming up and cooling down - handling the ball - running with the ball - running off the ball - attacking and defensive patterns. As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players. Pressestimmen "There's everything here for youth rugby coaches to follow... Sheryn has all the bases covered... There's no excuse for making rugby training boring again." School Sport (December 2006)

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