



Rugby Union For Dummies (Paperback)

By Nick Cain, Greg Growden

John Wiley Sons Inc, United States, 2011. Paperback. Condition: New. 3rd UK Edition. Language: English . Brand New Book. If you re new to the sport or you feel you could sharpen up your knowledge of the game, this guide is for you. Inside you ll find easy-to-understand advice on the basic rules and pitch positions, plus in-depth lessons on ball skills, fitness training, and techniques to outwit your opponents - all illustrated with entertaining stories from British and International rugby s back pages. In addition, you get a grounding in the local, national and international reaches of Rugby Union Rugby Union For Dummies 3rd Edition: Features an in-depth and up-to-date look at the Laws that form the beautiful gameCovers all you will need to know about talking tactics and is perfect for anyone looking at swatting up on rugby for the World Cup and beyondAdvises on all you will need to know to get stuck in and playContains a new chapter on sevens as the sport will be a demonstration sport at London 2012 and a full sport at Rio 2016.



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-- Justus Hettinger

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