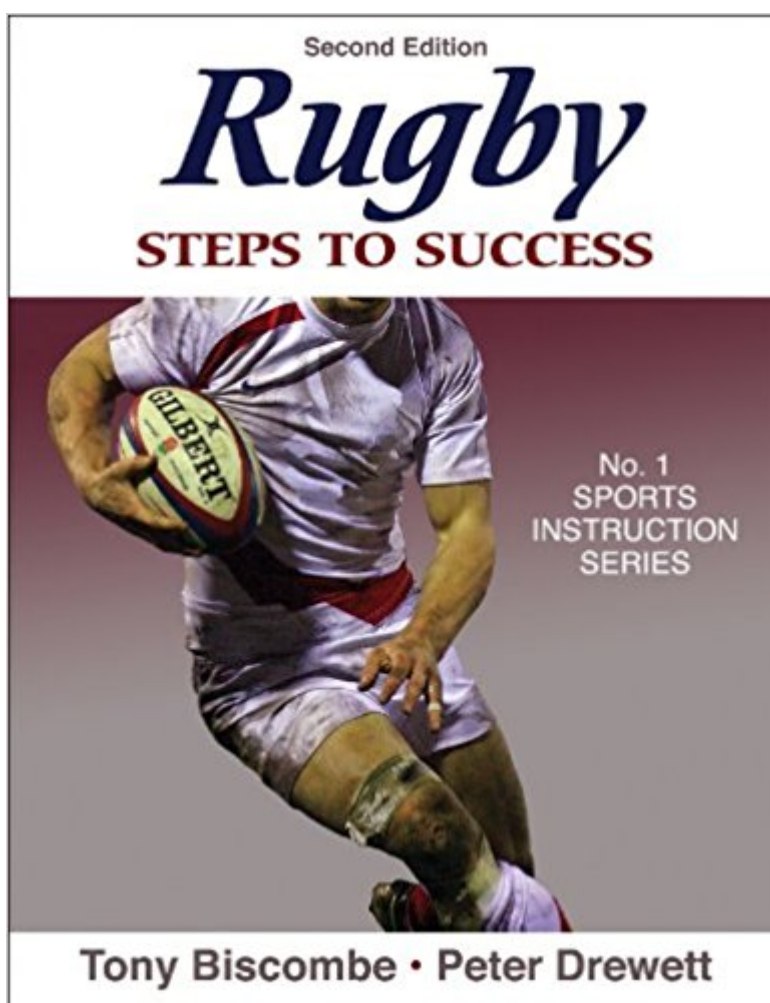


The book was found

Rugby: Steps To Success - 2nd Edition (Steps To Success Activity Series)



Synopsis

Master the skills, master the game. Rugby: Steps to Success covers all of the skills, tactics and strategies you need to improve your play and dominate the pitch. With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations and photo sequences demonstrate the essential skills, including footwork, ball handling, tackling and kicking. Then practice and improve with 90 drills, each featuring a personal scoring system to gauge and accelerate your progress. After mastering the individual skills, you'll learn to apply them in match play. From retaining possession to attacking the opposition's weaknesses, you'll learn the strategies to dominate the pitch. Become a complete player and lead your team to victory. As part of the popular Steps to Success Sports Seriesâ with more than 1.5 million copies sold worldwideâ Rugby: Steps to Success will elevate your performance to new heights in all facets of the game.

Book Information

Series: Steps to Success Activity Series

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Customer Reviews

"An extremely well documented book, with systemic steps to develop rugby -An invaluable resource for the developing rugby coach and supporter." Les Cusworth Assistant Coach, England Rugby Union Team --This text refers to an out of print or unavailable edition of this title.

œRugby: Steps to Success is an excellent and well structured resource for helping players and coaches to develop. It is an invaluable tool in the preparation for and the understanding of the

game, for participants of all ages and abilities." Will Greenwood, MBE, Represented England on 55 occasions and the British and Irish Lions twice "It doesn't matter whether you are an amateur or a professional rugby player. Mastering the basic skills will be the key to your success. Rugby: Steps to Success provides a no-nonsense approach to developing the core skills of the game." Nigel Melville, CEO and President of Rugby Operations, USA Rugby "It's no surprise to me that Pete and Tony have succeeded in producing a must read book for any aspiring young rugby player and rugby coach. It's full of great ideas and advice based on years of experience and success in the game." • Jason Leonard, MBE, Represented England on 114 occasions and the British and Irish Lions five times "Rugby: Steps to Success is a true reflection of everything that the modern day rugby player needs to master. Players and coaches following the Biscombe and Drewitt approach will acquire an excellent grounding of the fundamental skills of rugby." • Matthew Tait, Sale Sharks and England, Represented England on 25 occasions

This book brings to light things you never thought to implement into your training. It also brings into light things that you need to remember when playing your position on the field. It is an even better tool when you combine it with The complete conditioning book for rugby. With these two tools in your hand you will improve your overall rugby skills and performance greatly. Even if you're just a pickup game player there are things you can learn from these tools, and if you play for your local RFC or college this book will give you at least three steps up from your current performance.

Especially if you are just starting to learn to play rugby, this is the single best book to get. It covers the laws, core skills, offensive and defensive strategies, training, basically everything you need to know, and is laid out perfectly, with engaging, illuminating graphics. It manages to cover everything while being fairly concise and properly sequenced. Indispensable for beginning and intermediate rugby players wishing to improve.

Great guide for coaching rugby. Have coached at men's club, HS and college levels and used this for drills and tactics for all three. Great graphics and excellent write-ups. Good drills for individual skill improvement as well as specific drills for forwards and backs.

This book is more about training than understanding the sport. While I still can pick parts of it out that are useful, it's not really what I was looking for. Rugby is not as common as Football, Basketball or Baseball, so finding a book on this subject is a bit hard at times and when you do find one there is

no real description of the book. That's the problem with ordering online, I like to look through a book before purchasing it, this way I know whether or not I will enjoy or not. While tries to improve on making the link between buyer and book easier with the preview, I prefer the actual browsing of the book in my hand. This book is gearing towards coaching a team more or less than understanding how the game is played and exercises for better performance. I will look for a group of people who are equally interested in the sport and try some of these out. I recently found this sport via Invictus, a movie about the 1995 Rugby Champions hip between New Zealand's All Blacks and SA Springboks and the rise of Nelson Mandela which is based of the book called Playing The Enemy. Would I recommend this book to somebody just learning the sport who doesn't know anything about Rugby, probably not..but it is useful once you grasp some of the basics and then can work in tandem w the book that teaches you about the game. I would say this more about getting more into the aspect of playing and appreciation. Hope this helps those out there, I love reading reviews when buying online and tend look both ways on positive and negative before I buy. Good luck and god bless.

This book is great for rugby players of all levels and positions. The chapters are well laid out and offer general instruction and then move on to skills sessions in varying degrees of difficulty. The book gives a great overview on the basics of the game, and winning rugby is all about sticking to the basics.

Clear, full of coloured drawings and pictures... In one word this book is quite perfect.

I lettered in 5 sports in high school, but never played Rugby. Now my 15 year old grandson is learning the sport and we want to lear and help him too.

This book is incredibly organized. It begins with basic skills, includes drills, troubleshooting in the drills, mistakes usually made, how to correct them, and how to tell if you're doing things right. Each chapter builds on what is learned before and gets into more and more complex tasks. It's almost like having a coach right there with you. I highly recommend it for any rubgy captain, coach or player.

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