



Rugby Union For Dummies

Nick Cain, Greg Growden

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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 game
- Covers 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 beyond
- Advises on all you will need to know to get stuck in and play
- Contains 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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