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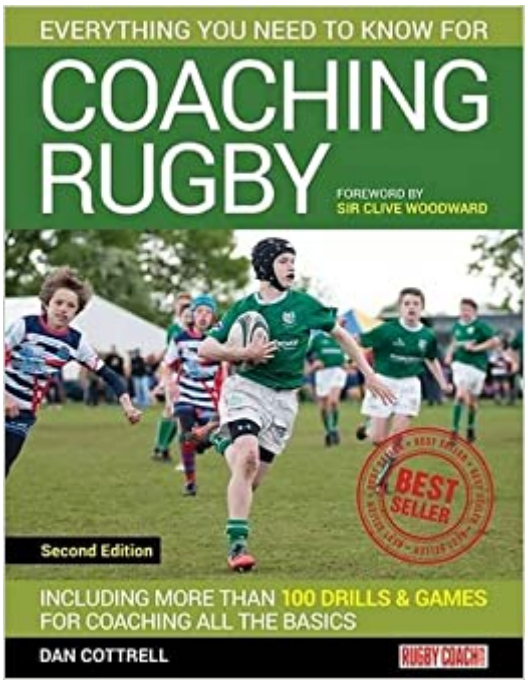

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Synopsis

Foreword by Sir Clive Woodward. 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? Coaching Rugby is Dan Cottrell's best-selling manual created for new and aspiring coaches of junior players. It is designed to help you build your players' techniques, skills and understanding of the whole game from ages 8 to 16, to give them the best start possible to their rugby playing career. 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 100 training sessions, games and developments to coach and enhance all the basic skills of rugby union.

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