



## Know the Game: Complete skills: Rugby

*Simon Jones*

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The *Know the Game Complete Skills* series is a perfect introduction to a sport for every budding player. Compiled from the individual *Know the Game Rugby* titles, the book will teach young players the basic skills they need to start enjoying the sport – by giving them plenty of simple practice drills and showing how the star players do it. In this book, players will learn :

### **Passing, catching and kicking**

Rugby terms Positions in rugby Passing Catching Kicking

### **Tackling, contact, teamwork and tactics**

Scoring a try Avoiding a tackle Tackling Contact Teamwork Tactics

Clearly illustrated and written by a professional coach, this book will give every young player the all the skills they need to enjoy rugby.

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