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Book 2: Futuristic Rugby League
Improving Practice and Performance in Basketball
Game Sense
Volleyball Skills & Drills
Mini and Youth Rugby
The Science of Rugby

Complete Conditioning for Rugby

The Science of Rugby is the only book to examine the scientific principles underpinning the preparation of rugby players for high performance. Drawing on the very latest scientific evidence, and covering both codes (union and league), the book explores every aspect of preparation and performance that

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introduces best practice by leading coaches and sports science professionals from around the rugby world. The book covers key topics such as: Physical preparation and conditioning Strength and power training Monitoring match and training demands Match-day strategies for enhancing physical and technical performance Management of fatigue and recovery Training and playing in the heat Travel and jet lag Injury epidemiology Psychological preparation Performance analysis Biomechanics Nutrition Talent identification and youth development The book also incorporates several case-studies to demonstrate how scientific principles have been applied in practice. No other book bridges the gap between theory and applied practice in rugby, from grass roots to elite international standard, and therefore this is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game.

Complete Guide to Special Teams

Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and*

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Conditioning, Fourth Edition With Web Resource, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features:

- Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use.
- Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and speed in changes of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry.
- A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements.
- Ten additional tests of maximum power and strength, aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts.

Application sidebars provide practical application of

scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. The web resource provides students with lab activities in fillable form for practice and information retention. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, offers an expanded ancillary package for instructors. Instructors receive access to a 61-video collection, including the 21 videos available in the web resource, plus an additional 40 videos demonstrating resistance training exercises, plyometric exercises, and exercises using alternative modes and nontraditional implements, bringing practical content to the classroom. Working along with the instructor guide and presentation package, a test package has been added to assist instructors in evaluating students' understanding of key concepts. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice.

Book 6: Learn @ Home Coaching Rugby

League Project

This book reviews the general acute effects and adaptations of small-sided and conditioned games (SSCGs) in terms of physiological responses, technical performance and methodology/periodization in the game of soccer. It also reviews the many studies conducted in the past decade to investigate the influence of SSCGs on physiological responses and technical performance in soccer training. SSCGs, which are smaller and adapted versions of formal team sports, are very popular training drills for players at all ability levels and competitive levels and offer an alternative to traditional fitness training. Exploring their role in depth, this book offers a valuable resource for academics, researchers and coaches with an interest in developing improved training techniques for soccer.

Rugby Classics: Think Rugby

Sports Coaching: Professionalisation and Practice is a comprehensive evidence-based textbook of sports coaching theory and practice. The book is edited by leading academics in sports coaching studies and authored by a world-renowned team of experts in sports coaching research. It deals with all aspects of coaching behaviour and practice, including coaches' decision making, coaching pedagogy, and the development of expertise. Each of the chapters provides an up-to-date position statement on coaching themes, and makes explicit reference to the professionalisation of coaching. Written in an

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accessible style, and identifying critical ideas and issues, the book will complement and challenge both undergraduate and postgraduate teaching programmes, and will be an invaluable source of ideas for researchers and academics. Multicontributed chapters follow uniform structure to increase clarity and accessibility of text 'Snapshots' of critical ideas and issues presented as models or diagrams to facilitate students' understanding Case examples and scenarios illustrate key concepts in each chapter Latest research and current literature summarised for each thematic topic.

Science and Football VI

Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

Touch Rugby

Contemporary sports coaching studies have moved beyond simple biophysical approaches to more complex understandings of coaching as a set of social relationships and processes. This is the first book to examine what that means in the context of one major international sport, rugby union. Drawing on cutting-edge empirical research in the five most powerful rugby-playing nations, as well as developments in pedagogical and social theory, the book argues for an holistic approach to coaching, coach development and player and team performance, helping to close the gap between coaching theory and applied

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practice. With player-centered approaches to coaching, such as Game Sense and Teaching Games for Understanding, at the heart of the book, it covers key contemporary topics in coach education such as: Long term coach development Experience and culture in coaching practice Positive coaching for youth rugby Improving decision-making ability Collaborative action research in rugby coaching Informed by work with elite-level rugby coaches, and examining coaching practice in both the full and sevens versions of the game, this book encourages the reader to think critically about their own coaching practice and to consider innovative new approaches to player and coach development. It is essential reading for all students of sports coaching with an interest in rugby, and for any coach, manager or administrator looking to develop better programmes in coach education.

Baseball Skills and Drills

Improve technique, game sense and fitness levels with the aid of Rugby Games & Drills. Developed by one of the game's top coaches and endorsed by the Rugby Football Union, Rugby Games & Drills contains over 115 games and drills \qq: Perhaps we want to say "activities"? Also, total may change. -Laura Xqq\ designed to bring out the very best in players, regardless of age or ability or rugby code. This book is packed with the most effective games and drills for improving core skills such as handling, kicking and decision making while providing tough physical challenges. In addition, the detailed descriptions with accompanying illustrations will help you make the

most of training sessions and ensure you are ready for game day. Rugby Games & Drills is the ideal companion for coaches and players of both rugby league and rugby union looking to maximize talent and harness their potential.

Periodization in Rugby

101 Rugby Training Drills

This book was written expressly for you who are coaching children in Flag Football. We stress how to teach children to play this game and to have fun doing it. The book covers all facets of the game from the most basic “how to” pass, receive, run and grab the flags to game strategies and tactics. When coaching children it should be a fun experience for every-one, for you, for the parents, and most important of all, for the children. As a coach, we cover the teaching attitude and methods. We always keep in mind that these are children, and the game is for the kids and not for the adults. Winning isn't everything, but learning to play well and wanting to win is. We have taken the children from first grade through the eighth grade and broken them into three categories. In each category we discuss the players needs and abilities, what they are capable of in both the physical and emotion sense, and their limitations. We have also defined the coach's role, the parent's role and the player's role.

Rugby Fitness Training

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A PAPERBACK ORIGINAL A games-based alternative to tedious rote exercises, guaranteed to keep practices fun, engaging, and productive Great Soccer Drills provides soccer coaches with a great way to make every soccer practice active, fun, and productive. Coaches get 125 games guaranteed to keep kids moving and excited while teaching them basic skills, sharpening their reflexes, and building their confidence and decision-making ability. Written by two of North America's foremost names in youth soccer coaching, it also includes guidelines on how to create just the right blend of drills to hold the attention of six- to twelve-year-old players. Great Soccer Drills can be used in conjunction with the bestselling Coaching Youth Soccer: A Baffled Parent's Guide or as an excellent stand-alone resource for spicing up any practice.

Muscle Injuries in Sport Medicine

Science and Football VI showcases the very latest scientific research into the variety of sports known as football. These include the games of association football, the rugby codes (union and league), and the national codes (American, Australian and Gaelic). The book aims to bridge the gap between theory and practice in football studies, and presents important new work in key areas such as: Biomechanics Sports medicine Paediatric exercise science Match analysis Environmental physiology Physiology of training Fitness assessment Psychology Social sciences Sports scientists, trainers, coaches, physiotherapists, medical doctors, psychologists, educational officers

and professionals working in the range of football codes will find this in-depth, comprehensive text an essential and up-to-date resource of scientific information for their respective fields. The papers contained within this volume were first presented at The Sixth World Congress on Science and Football, held in January 2007 in Antalya, Turkey. The meeting was held under the auspices of the International Steering Group on Science and Football, a representative member of the World Commission of Science and Sports. Thomas Reilly is Director of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University. He is President of the World Commission of Science and Sports and Chair of the International Steering Group on Science and Football. Feza Korkusuz is Director of the Medical Centre and Chair of the Department of Physical Education and Sports at Middle East Technical University, Ankara, Turkey. He is corresponding editor for Clinical Orthopaedics and Related Research and is on the International Education Board of Technology and Health Care Journal.

Science and Football II

Think Rugby and Total Rugby are rugby classics - two of the most important and influential books ever written on the game of rugby. Thousands of players and coaches around the globe have benefited from the concepts and methods in these books, equipping them with the coaching skills and strategy to play the very best in fifteen-a-side rugby. Think Rugby is a systems book that gets both coach and player

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working more productively: - the coach, through a wealth of practical advice on keeping sessions fresh and purposeful - the player, through tried and tested methods of improving tactical decision-making to enhance whole-team possession - the team, through focusing on dynamic attack in the forwards and effective positioning in the backs. Written by one of Rugby Union's most respected coaches, Think Rugby is a classic manual, which continues to influence coaching strategy the world over.

Coaching Kids Flag Football

Master volleyball's key techniques help elevate performance in all facets of the sport. Volleyball Skills & Drills teaches the fundamentals to help players master and apply those skills on the court when it counts. Featuring 10 of the sport's best coaches and 75 of their most effective drills, this guide will maximize both the rate and quality of learning, helping players and coaches get the most out of each practice session.

Sports Coaching E-Book

Essentials of Strength Training and Conditioning

Tag Rugby

This edited collection brings together the latest

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research into the range of sports known as football. With contributions by a large number of the leading international researchers in the field, the book aims to bridge the gap between theory and practice in football, and to raise the awareness of the value of a scientific approach to the various football codes. The book contains nearly seventy papers, examining aspects ranging from match analysis and medical aspects of football to metabolism and nutrition, psychology and behaviour, and management and organization. Containing a wealth of research data, and a huge range of examples of how science can be applied; this book represents an invaluable reference for coaches, trainers, managers, medical staff, and all those involved in supporting performers in the many football codes.

EasiCoach Rugby Skills Activities

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

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contains more than 100 training sessions, games and developments to coach and enhance all the basic skills of rugby union.

Strength and Conditioning for Team Sports

Muscle tears are one of the most common pathologies in sport and one of the most frequent causes of sport activity suspension. The purpose of this book is to review the state of the art of the actual knowledge on muscle tears in athletes, in particular for what concern the biology of muscle healing, the conservative and surgical treatments and the preventive aspects. Therefore, this textbook can be a valid tool for all Sport Medicine practitioners such as physicians, physiotherapists and fitness coaches.

Science and Football IV

"Complete Guide to Special Teams is the authoritative resource on the kicking game for coaches and players"--Page 4 of cover.

Coaching Youth Rugby

Covers all the skills, tactics, and strategies you need to improve your play and dominate the pitch.

Small-Sided and Conditioned Games in Soccer Training

First Touch Rugby coaching manual supporting

players and coaches at all levels.

Developing Agility and Quickness

Coaching Rugby

Crowood's Rugby Drills is a collection of 125 activities, practices and games designed to improve coaching sessions at all levels of the game. The drills are organised into chapters according to a particular skill or phase of the game, from the warm up to handling, contact, lineout, scrum, kicking and defence. Each chapter starts with a series of simple activities before progressing through to more complex ones, each broken down into step-by-step explanations and diagrams, as well as guidance on how to increase the level of difficulty. Tried and tested over a number of years, and proven to work in developing skills and teamwork with players of all abilities, many of the drills were created by the author, while some have been used by the most famous coaches in the world. All of them were designed for use without the need for specialist and/or expensive equipment. Aimed at new coaches of youth and adult rugby, as well as coaches who want to review/improve their methods, it offers lots of ideas and is superbly illustrated with 250 colour diagrams.

Rugby Games & Drills

Written by an experienced rugby coach, Coaching Youth Rugby is an essential guide for all coaches,

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parents and teachers. This one-stop practical resource will give a new coach everything they need to deliver fun, dynamic, player-centred practice sessions and guidance on how to run a team. Coaches at all levels of the game will find material and ideas aimed at helping them to formulate simple strategies to suit their level of player ability. Contents include: practical small-team games and drills, enabling coaches to run active and fun sessions for young players; ideas for teaching fundamental rugby skills, from passing and handling to tackling, kicking, scrum and lineout; coaching theories explained in an uncomplicated and easy-to-understand manner. With field-tested, age-specific information to help you learn how to communicate with players, parents, other coaches and officials, Coaching Youth Rugby will help you manage your team on match days and provide measures for ensuring player safety. Includes full details on the new RFU Continuum. A one-stop practical resource that is fully illustrated with 60 colour photographs and 100 diagrams.

Total Training for Rugby Fitness

The Holcroft saga is a rugby story—the like of which may never have been equaled in the history of the game. It begins over a century ago, when Mr. George Holcroft was given charge of Leigh St. Peters RLFC in 1889. He married, and when his family grew up, Jack, Harry, William, and Tom all played for local teams. They married, and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of rugby all his life. He holds

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coaching certificates from both the Australian and British governing bodies—one of only a handful of men to achieve such an honor in the game’s history. For twenty odd years, Bert Holcroft has had one of the unlikeliest jobs in sport: teaching Australian rugby coaches how to coach. Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia’s reemergence as a major rugby power. On the face of it, Australia wouldn’t seem to need any outside help, let alone from a Pom. Their record of only one test defeat since 1978 speaks for itself. But Bert’s reputation is nationwide “down under”—quite simply, he’s one of the best in the business. Bert, who played for Leigh between 1950–60, has spent much of his latter years Down Under lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the thirteen-a-side game. Since emigrating in the late sixties, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales, and Sydney have all come under his influence, often with spectacular results. Bert’s credentials are impeccable. Last summer, he achieved the highest accolade in Australia: his grade 3 certificate personally signed by the then Australian league chairman Kevin Humphreys and the director of coaching, Peter Corcoran. Three years earlier, Bert has sailed through his grade 1 and 2 with flying colors. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before emigrating to Australia,

has spent a lot of his time heavily involved with Rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. He was awarded a coaching accreditation by the Australian Institute of Sport, Department of Sport and Recreation NSW, and the NSW Rugby League for administration as well as national coaching certificates in both Britain and Australia—one of only a handful of people to do so. Eventually, the offer of a job in Sydney came: to coach the premiership glamorous club Eastern Suburbs.

Sports Coach

Team Sports Training: The Complexity Model presents a novel approach to team sports training, examining football (soccer), rugby, field hockey, basketball, handball and futsal through the paradigm of complexity. Under a traditional prism, these sports have been analyzed using a deterministic perspective, where the constituent dimensions of the sportsmen were independently examined and treated in isolation. It was expected that the body worked as a perfect machine and, once all the components were maximized, the sportsmen improved their performance. If the same closed recipe was applied to all the players that formed part of the squad, the global team performance was expected to be enhanced. As much as these reductionistic models seem coherent, when contrasted in practice we see that the reality of team sports is far more different from the closed conditions in which they were

idealized. Team sports contain variable, heterogeneous and non-linear constraints which require the development of a different logic to organize their training. During the last years, ecological psychology, the dynamical systems theory or the constraints-led approach have opened interesting fields of research from which many conceptual foundations can be applied to team sports. Based in this contemporary framework, the current book presents the study of the players and the teams as complex systems, using coordination dynamics to explain the emergence of the self-organisation episodes that characterize them. In addition, this thinking line provides the reader with the ability to apply all these innovative concepts to their practical training scenarios. Altogether, it is intended to challenge the reader to re-think their training strategy and to develop an original theory and practice of training specific to team sports.

101 Youth Rugby Drills

Rugby

Game Sense is an exciting and innovative approach to coaching and physical education that places the game at the heart of the session. It encourages the player to develop skills in a realistic context, to become more tactically aware, to make better decisions and to have more fun. Game Sense is a comprehensive, research-informed introduction to the Game Sense approach that defines and explores key concepts and

essential pedagogical theory, and that offers an extensive series of practical examples and plans for using Game Sense in real teaching and coaching situations. The first section of the book helps the reader to understand how learning occurs and how this informs player-centred pedagogy. It also explains the relationship between Game Sense and other approaches to Teaching Games for Understanding. The second section of the book demonstrates how the theory can be applied in practice, providing a detailed, step-by-step guide to using Game Sense in eleven sports, including soccer, basketball, field hockey and softball. No other book explores the Game Sense approach in such depth, or combines theory and innovative practical techniques. Game Sense is invaluable reading for all students of physical education or sports coaching, any in-service physical education teacher or any sports coach working with children or young people.

Rugby Drills

Rugby is a sport that embraces players of every shape, size, and fitness level. The success a player achieves, no matter what position he plays, will depend on his physical abilities. This book explains how those abilities, and therefore playing performance, can be improved. It discusses the mechanics of the human body, the classification of physical abilities, and what is needed to succeed, and examines the training methodology associated with aerobic, endurance, sprint, agility, plyometric, resistance, flexibility, and core training. It provides

detailed explanations of a wide range of exercises, and considers the principles involved in designing training programs—presenting an easy-to-use, ten-step model that allows a player to formulate his own twelve-month training program.

Advances in Rugby Coaching

Team Sports Training

The ideal introduction to mini and youth rugby for parents and coaches, showing how young players should be properly introduced to the game of rugby. Including sections on: - the game and the rules - positions in rugby - drills for passing, catching and scoring - skills for attack - skills for defense This essential guide contains information on all game situations, with simple explanations of essential techniques and tactics to be learned, before moving on to more advanced explanations of the skills required of the game. It also includes an introduction to the bigger issues away from the pitch that parents and coaches must deal with, including: - how to develop the right ethos for a rugby team - coaching boys versus girls - elite player development Accessible and practical, this book is packed full of useful coaching advice, complete with diagrams and full-colour photographs. www.miniandyouthrugby.com

The Baffled Parent's Guide to Great Soccer Drills

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The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Strength and Conditioning for Sport

This book includes all the papers presented at a second World Congress of Science and Football (Liverpool 1987) (Eindhoven).

The Rugby League Coaching Manual

A focused conditional program has become essential ton on-field rugby success. Pook presents a comprehensive training approach that builds players'

physical abilities as well as the rugby-specific skills their positions require.

Book 2: Futuristic Rugby League

Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports. Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals. Consequently, the book entitled *Improving Performance and Practice in Basketball* provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

Improving Practice and Performance in Basketball

The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies - one of only a handful of men to achieve such an honour in the game's history. For 20-odd years Bert Holcroft has had one of the unlikeliest jobs in sport - teaching Australian Rugby Coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's re-emergence as a major Rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one Test defeat since 1978 speaks for itself. But Bert's reputation is nation-wide "down under" - quite simply he's one of the best in the business. Bert, who played for Leigh between 1950-60, has spent much of his latter years Down Under lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the 13 a side game.

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Since emigrating in the late 60's, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales and Sydney have all come under his influence - often with spectacular results. Bert's credentials are impeccable. Last summer, he achieved the highest accolade in Australia - his Grade Three certificate personally signed by the then Australian league chairman Kevin Humphreys and the Director of Coaching, Peter Corcoran. Three years earlier, Bert has sailed through his Grade One and Two with flying colours. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before emigrating to Australia, has spent a lot of his time heavily involved with Rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. Coaching Accreditation awarded by the Australian Institute of Sport, Department of Sport and Recreation NSW and the NSW Rugby League for administration, as well as being awarded National Coaching Certificates in both Britain and Australia - one of only a handful of people to do so. Eventually the offer of a job in Sydney came - to coach Premiership glamorous club, Eastern Suburbs.

Game Sense

Designed specifically for younger players, 101 Youth Rugby Drills is the practice bible for youth rugby coaches. It contains a range of progressive practice drills to help young players develop. Fun, educational

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and challenging, all drills are illustrated and cover the essential technical skills required to introduce rugby, including: - warming up and cooling down - handling the ball - running with the ball - running off the ball - attacking and defensive patterns. As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players.

Volleyball Skills & Drills

Strength and Conditioning for Team Sports is designed to help devise more effective high-performance training programs for team sports. This textbook remains the only evidence-based study of sport-specific practice to focus on team sports and features all-new chapters, including Neuromuscular Training, and dedicated chapters exploring injury prevention and the specific injury risks for different team sports. Fully revised and updated throughout, the new edition also includes the addition of over two hundred new references from the research literature in the field. This book addresses the core science underpinning different facets of physical preparation, covering all aspects of training prescription and the key components of any degree course related to strength and conditioning, including: physiological and performance testing strength training metabolic conditioning power training agility and speed development training for core stability training periodisation training for injury prevention Bridging the traditional gap between sports science research

and practice in the field, each chapter features guidelines for evidence-based best practice, as well as recommendations for approaches to physical preparation to meet the specific needs of team sports players. This new edition also includes an appendix that provides detailed examples of training programmes for a range of team sports. Fully illustrated throughout, it is essential reading for all serious students of strength and conditioning, and for any practitioner seeking to extend their professional practice.

Mini and Youth Rugby

Essential guide to the non-contact sport of Tag Rugby - a safe and fun way of introducing rugby to under 10s.

The Science of Rugby

RUGBY FOOTBALL. Rugby, as with most other team sports, is a game of technical finesse, tactical boldness, and refined and complex physical development. "Periodization in Rugby" addresses one of the most crucial elements of the sport - physical conditioning. Utilizing the revolutionary training techniques developed by Tudor Bompa - the father of modern sports periodization - this superb volume presents readers with proven training principles, an overview of the fundamentals of rugby, and an explanation of the physiological demands of the sport and how they impact on training. It also features short term and annual training plans, with numerous drills

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and exercises to improve the skills of all players, as well as expert tips on recovery and nutrition.

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