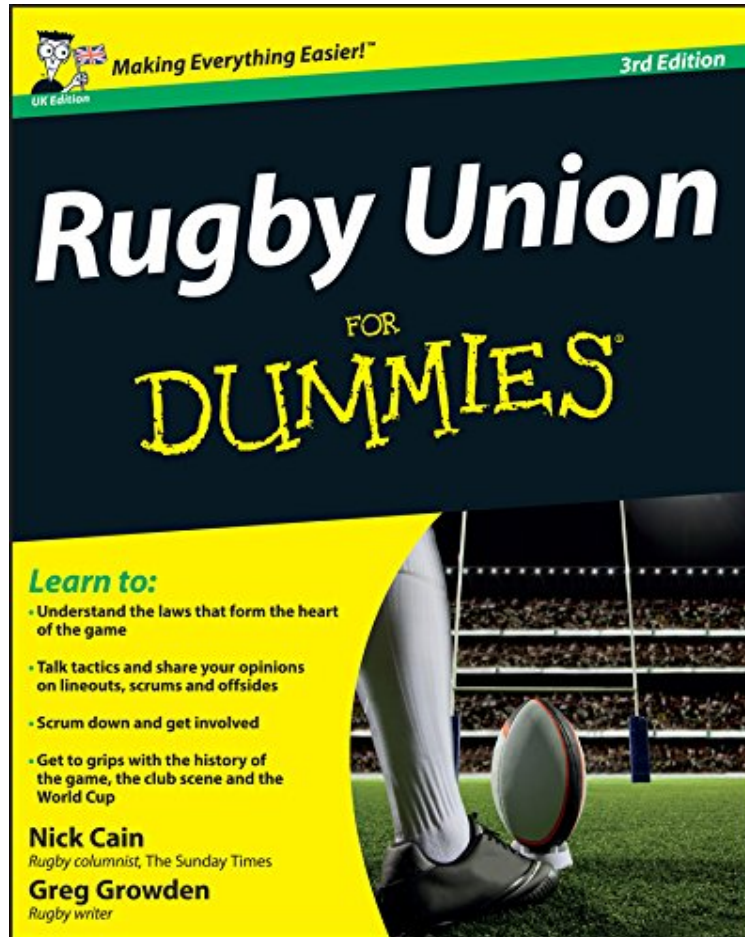


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# Rugby Union For Dummies

Von Nick Cain, Greg Growden

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**Von Nick Cain, Greg Growden : Rugby Union For Dummies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Rugby Union For Dummies:

KundenrezensionenHilfreichste Kundenrezensionen0 von 1 Kunden fanden die folgende Rezension hilfreich. Sehr bersichtlich und gut strukturiertVon Erika RoelerEntspricht unseren Erwartungen, was diese Dummies-Serie anbelangt. Gut zum Kennenlernen der Sportart. Allerdings sollte man daran denken, dass das Buch auf Englisch ist.

KurzbeschreibungIf you're new to thesport 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 Kurzbeschreibung 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 Buchrückseite Get stuck into the scrum of rugby knowledge If you get a big kick out of rugby but struggle with offside and lineouts, this guide will sharpen up your knowledge of the game. Inside you'll find easy-to-follow advice on the basic rules and playing positions, plus in-depth lessons on ball skills, fitness training and techniques to help you outwit your opponents. Covering the basic rules and regulations for would-be players and offering guidance on tactics, plays and the history of the game for the committed fan, this guide gives you all the expert knowledge you need.\* The grass roots - discover the origins of the great game and get to grips with all the rules and regulations of rugby\* Getting stuck in - advice on how to get out there and play the game, with guidance on skills and techniques to help develop your play\* Welcome to the world of rugby - become a rugby expert for the World Cup and Six Nations and follow your domestic team home and away\* Follow the game - a guide to viewing rugby in the stands or from the comfort of your own home Open the book and find:\* Advice on getting your game together on the field\* Information on understanding the scoring system\* An introduction to the laws of the game\* Techniques to hone your skills\* A rundown on the World Cup and Six Nations\* Profiles of the best British players of all time\* A guide to the domestic rugby scene Learn to:\* Understand the laws that form the heart of the game\* Talk tactics and share your opinions on lineouts, scrums and offside\* Scrum down and get involved\* Get to grips with the history of the game, the club scene and the World Cup