



Rugby Union: Technique Tactics Training (Crowood Sports Guides)

Peter Johnson

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Crowood Sports Guides provide sound, practical advice that will help make you a better player whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your game. Featured in this new, substantially revised and updated edition of Rugby Union are: star tips, kit checks, rules checks and key points; skills and techniques at every level; action and sequence photographs; helpful, detailed diagrams in colour; an introduction to rules and equipment. Aimed at those learning the basic skills as well as those who wish to discover more advanced techniques or to review the fundamentals of the game. Superbly illustrated with 150 colour photographs and 50 2-colour diagrams. Foreword by Conor O'Shea, the RFU Directory of the National Academy.

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