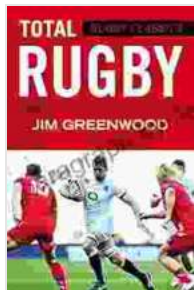


# Fifteen Side Rugby for Player and Coach: The Ultimate Guide to Dominating the Game



## Rugby Classics: Total Rugby: Fifteen-a-side Rugby for Player and Coach by Jim Greenwood

★★★★☆ 4.7 out of 5

Language : English  
File size : 5012 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 321 pages



Rugby is a challenging and rewarding sport that can be enjoyed by people of all ages and abilities. Whether you're a player or a coach, it's important to have a solid understanding of the game's fundamentals. Fifteen Side Rugby for Player and Coach is the ultimate guide to dominating the game.

### What's Inside?

This comprehensive book covers everything you need to know about fifteen side rugby, including:

- The basics of the game, including the rules, positions, and equipment
- Advanced strategies and tactics for both offense and defense
- Training drills and exercises to help you improve your skills

- Fitness and nutrition tips to help you stay in peak condition
- Mental toughness and leadership skills to help you overcome adversity

## **Who is This Book For?**

Fifteen Side Rugby for Player and Coach is the perfect book for anyone who wants to improve their game. Whether you're a beginner or a seasoned veteran, this book will help you take your game to the next level.

## **About the Author**

The author of Fifteen Side Rugby for Player and Coach is a world-renowned rugby expert with over 30 years of experience in the game. He has coached at the international level and has written extensively about the sport.

## **Testimonials**

"Fifteen Side Rugby for Player and Coach is the most comprehensive and up-to-date book on the game. It's a must-read for anyone who wants to improve their game."

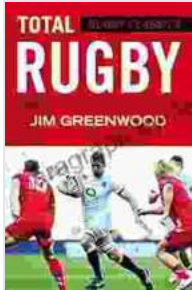
- Sir Clive Woodward, former coach of the England national rugby team

"This book is a goldmine of information for both players and coaches. I highly recommend it."

- Eddie Jones, current coach of the England national rugby team

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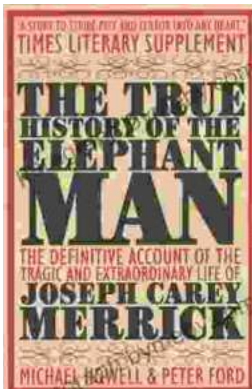
Fifteen Side Rugby for Player and Coach is available now at Our Book Library.com and other major retailers. Free Download your copy today and start dominating the game!



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