



101 Youth Rugby Drills

Chris Sheryn

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

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