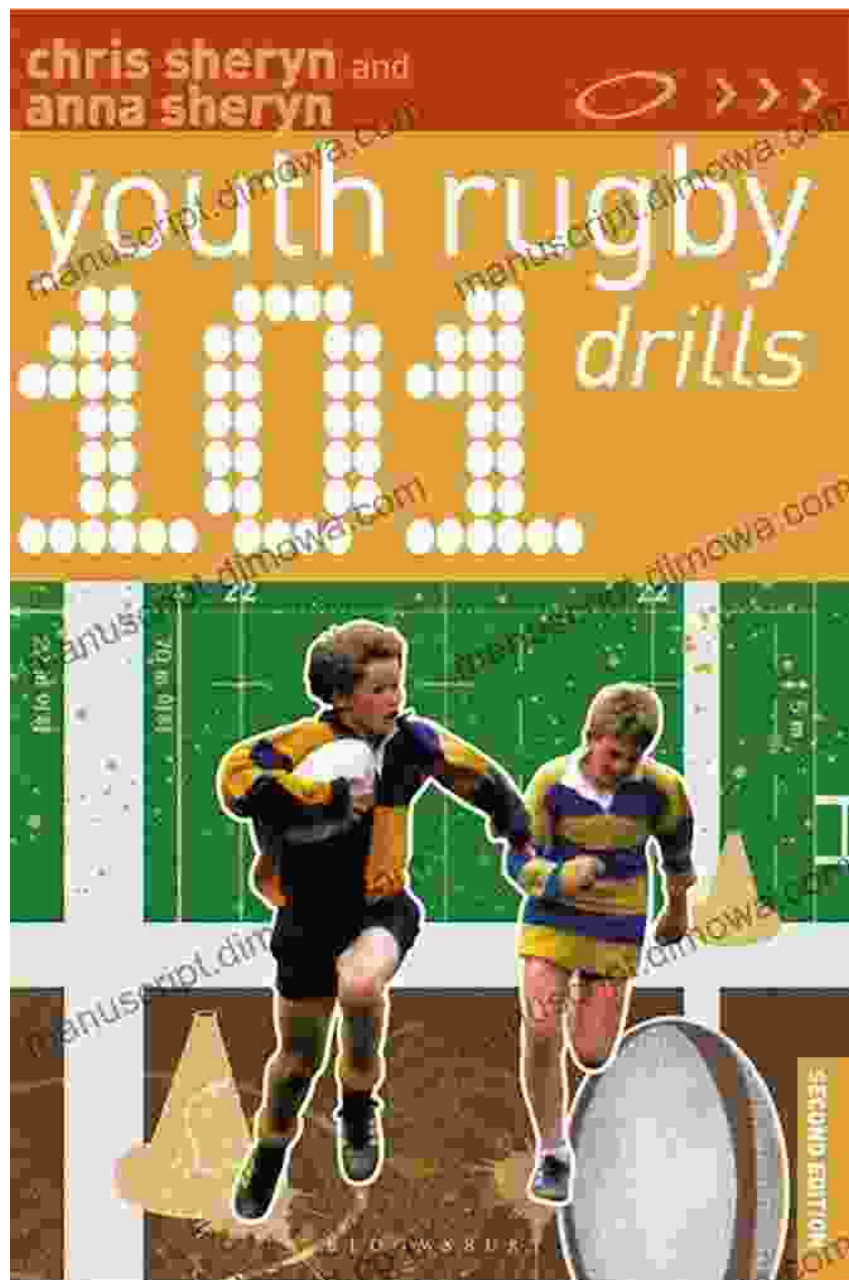


Unlock Your Rugby Potential: Uncover the Secrets of 101 Youth Rugby Drills



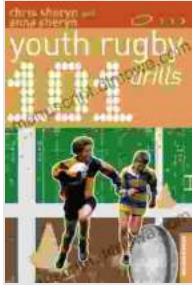
101 Youth Rugby Drills (101 Drills) by Chris Sheryn

★★★★☆ 4.4 out of 5

Language : English

File size : 8790 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 252 pages



Are you ready to unleash the full potential of your young rugby players? Look no further than "101 Youth Rugby Drills" by renowned coach Chris Sheryn, the ultimate guide to transforming your team into a force to be reckoned with.

With over three decades of experience coaching at the highest levels, Chris Sheryn shares his wealth of knowledge in this comprehensive book, equipping you with a vast arsenal of drills designed to develop every aspect of rugby play.

A Comprehensive Toolbox for Rugby Excellence

Inside "101 Youth Rugby Drills," you'll find a treasure trove of drills meticulously categorized into essential skill areas:

- **Warm-ups:** Prepare your players for the rigors of training and match play.
- **Passing and Catching:** Master the art of accurate and effective ball handling.
- **Kicking:** Unleash powerful and precise kicks from every angle.

- **Running and Evasion:** Develop lightning-fast speed, agility, and the ability to evade opponents.
- **Tackling:** Inculcate safe and effective tackling techniques.
- **Lineouts and Scrums:** Gain the upper hand in crucial set-pieces.
- **Game Situations:** Prepare your team for real-world scenarios.

Drills for All Levels and Ages

Whether you're coaching beginners or aspiring stars, "101 Youth Rugby Drills" caters to players of all ages and skill levels. Each drill is clearly explained with:

- **Step-by-step instructions:** Ensure proper execution and technique.
- **Progressions and variations:** Adapt drills to challenge players at all levels.
- **Coaching points:** Highlight key areas for improvement.
- **Safety tips:** Prioritize player well-being and minimize injury risk.

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"101 Youth Rugby Drills" is an invaluable resource for:

- **Coaches:** Plan effective and engaging training sessions that maximize player development.
- **Parents:** Support your child's rugby journey by providing guidance and encouragement.

- **Players:** Enhance your skills, confidence, and overall rugby knowledge.

Testimonials from Renowned Rugby Experts

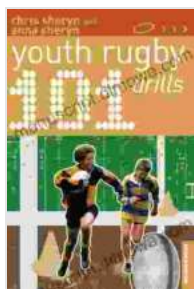
"This book is a must-have for any coach looking to develop young rugby players. The drills are well-structured, progressive, and easy to follow." - **Sir Clive Woodward, World Cup-winning coach**

"Chris Sheryn has created a comprehensive and invaluable resource for anyone involved in youth rugby. The drills are engaging and effective, and I highly recommend this book to all coaches and players." - **Warren Gatland, British and Irish Lions coach**

Elevate Your Rugby Game Today!

Don't miss out on the opportunity to elevate your rugby game to new heights. Free Download your copy of "101 Youth Rugby Drills" by Chris Sheryn today and unlock the full potential of your young players and team!

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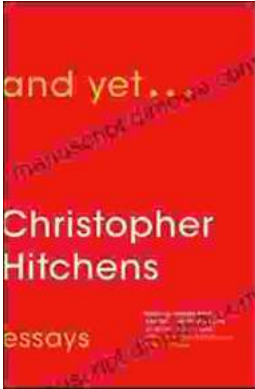
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