



Rugby For Dummies

Mathew Brown, Patrick Guthrie, Greg Growden

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Rugby For Dummies Mathew Brown, Patrick Guthrie, Greg Growden
Fully revised and updated with the latest rugby information!

For every rugby enthusiast at every level of interest

Whether you're new to rugby or a scrum veteran, this friendly guide is for you. Inside you'll find easy-to-understand explanations of the rules and positions, plus in-depth lessons on skills, fitness training, and winning techniques. Add in entertaining stories from rugby in North America and around the world, and you've got the definitive book on rugby!

Explanations in plain English.

"Get in, get out" information.

Icons and other navigational aids.

Tear-out cheat sheet.

Top ten lists.

A dash of humor and fun.

Discover how to:

Master rugby's basic rules.

Devise winning strategies as a player or a team.

Appreciate rugby's colorful history.

Understand the game at local, national, and international levels.

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