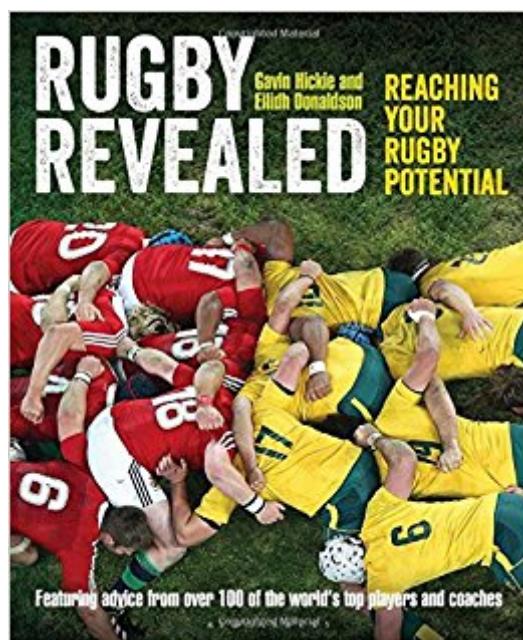


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# Rugby Revealed: Reaching Your Rugby Potential



## Synopsis

Rugby Revealed is the definitive guide to rugby in terms of the roles and responsibilities of each individual position and how they combine to create a tactically astute rugby team. This engaging guide to rugby union will help coaches and players understand the modern game, giving practical advice to achieve maximum results with optimum technique. With its mix of contributions from leading names, practical coaching advice and player statistics, Rugby Revealed includes:

- the roles and responsibilities of each position in 15-a-side rugby
- correct technique for core skills
- the mechanics of the set piece
- the elements for a successful attack and defense

Professional players such as Jamie Roberts, Aaron Smith, Johnny Sexton, George Ford, Cian Healy, Manu Tuilagi, Keven Mealamu and Marcos Ayerza, and leading coaches, including Stuart Lancaster, Mike Cron, Dr. Dave Alred, Mike Ford, Brendan Venter and Sir John Kirwan, are some of the 101 top names who share their insights into the game. This highly accessible guide will help new, emerging and developing players and coaches reach their rugby potential.

## Book Information

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## Customer Reviews

"If Rugby interests you Rugby Revealed by Gavin Hickie and Eilidh Donaldson is you[r] book. *The Epoch Times* "Rugby Revealed is engaging, nicely-written (we'll forgive them their British Isles spelling!), and supremely useful. It's easy to just jump in and read one little section, or just absorb it cover to cover." • *Goff Rugby Report*

Founder of popular rugby website, [LineoutCoach.com](http://LineoutCoach.com), Gavin Hickie is passionate about helping young players and coaches reach their rugby potential. Head Coach of Dartmouth College and part

of the USA Rugby All American coaching staff, Gavin has over 25 years of experience in the sport, including a decade at the top of the game as a professional player for Leinster, London Irish, Worcester and Leicester Tigers, along with representing Ireland at various levels in 15s and 7s. In addition to coaching, Gavin shares his expertise as an analyst for leading rugby publications. Eilidh Donaldson is the creator of sports news hub Tweetsport, regular blogger, passionate rugby supporter and an integral part of the LineoutCoach team. Her consultancy Ginger Midget helps grow businesses in the sports sector.

My husband is hooked on this book. He's always commenting about something in it and making notes in the margins. He even posted this on Facebook: "Rugby Revealed should be required reading even for the most experienced rugby coach and for any player thinking they can make the next level."

This book is a must buy for any rugby fan, player or coach who wants to develop a deeper understanding of the game. The authors have done an unbelievable job of acquiring so many world class players and coaches who all give their insight into how to be a player or coach. This book will stand the test of time and will undoubtedly become the Rugby Bible for many years to come. Well worth it!!

The book gives a very insitefull summary of each position, and motivating words that give direction to young or begining players looking to improve.

Excellent book whether a beginner, or seasoned vet! Great Rugby Read!

A must have!

Imagine you could sit in a room with some of the top players and coaches in the world of rugby and ask them questions about coaching and playing - or just listen in. That's what this book is: just tons of great insights, suggestions, techniques, tips, tid-bits, and approaches to playing and coaching. Each section is packed full of interesting stuff. Some developed overviews regarding aspects of the game, from scrumming to tackling (which is particularly good), to running lines, positional skills to personal approaches, but also just little pearls and phrases that stick ("one bullet, one kill" for rucking is my new favorite) and advice from players and coaches. I was skeptical that the format

would allow for substantive ideas and insights to be developed, but I find myself reading sections over again, pondering them in the context of my own coaching, and finding that these little seeds and nuggets take hold and grow. No coach, player or fan will be disappointed by what they find in these pages. It's going right next "Total Rugby" on my shelf ... if I even put it up on a shelf. And it's very nice to look at; great layout, pics and diagrams. Really excellent!

Lots of pictures and quotes but not much substantial information.

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