



Coaching Youth Rugby: An Essential Guide for Coaches, Parents and Teachers

Keith Richardson

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Written by an experienced rugby coach, Coaching Youth Rugby is an essential guide for all coaches, parents and teachers. This one-stop practical resource will give a new coach everything they need to deliver fun, dynamic, player-centred practice sessions and guidance on how to run a team. Coaches at all levels of the game will find material and ideas aimed at helping them to formulate simple strategies to suit their level of player ability. Contents include: practical small-team games and drills, enabling coaches to run active and fun sessions for young players; ideas for teaching fundamental rugby skills, from passing and handling to tackling, kicking, scrum and lineout; coaching theories explained in an uncomplicated and easy-to-understand manner. With field-tested, age-specific information to help you learn how to communicate with players, parents, other coaches and officials, Coaching Youth Rugby will help you manage your team on match days and provide measures for ensuring player safety. Includes full details on the new RFU Continuum. A one-stop practical resource that is fully illustrated with 60 colour photographs and 100 diagrams.

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