



# Aussie Rules For Dummies

*Jim Maine*

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# Aussie Rules For Dummies

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**Aussie Rules For Dummies** Jim Maine

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## **Facts, tips and stats for players, spectators and coaches!**

Fully updated with all the latest rule changes and including expanded skills, coaching and training chapters, *Aussie Rules For Dummies*, 2nd Edition takes you from getting a grip on the basics to more advanced aspects of playing, watching and coaching Australia's national game. Packed with practical information and fascinating anecdotes, this is the simplest, clearest and most detailed guide to AFL available.

Discover how to:

- Understand positions, umpires and scoring
- Gear up correctly, and avoid and treat injuries
- Improve your playing skills and coach effectively
- Appreciate the clubs, competitions and awards

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