



# Rugby Union For Dummies

*Greg Growden*

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**Rugby Union For Dummies** Greg Growden

**Your complete reference for all things rugby in Australia and New Zealand!**

A practical, useful and entertaining guide to rugby union in Australia and New Zealand, this book explains the aim of the game, the laws, what to wear, tactics, training, coaching and more. Whether you want to play or just want to watch the game, *Rugby Union For Dummies*, 2nd Australian and New Zealand Edition, delivers expert rugby knowledge.

- Build your confidence — discover expert tips and tricks for honing your skills
- Prepare your rugby kit — choose the correct gear for your safety on the pitch
- Increase your rugby knowledge — learn the difference between a ruck and a maul
- Talk tournament facts and figures — improve your rugby small talk in preparation for the World Cup
- Train effectively — develop your strength, flexibility and fitness
- Become a coach — immerse yourself in tactics and the detail of rugby's laws
- Join a club — choose the right level of play for you or your child
- Follow the game — keep up to date with the latest rugby news and coverage in the media and on the internet

## Open the book and find:

- How to play to win and have fun at the same time
- Interpretation of the ref's signals
- Advice on taking a conversion
- Tips for surviving a scrum
- Pointers on coaching adult and junior teams
- A guide to spectating online, on TV and at the game
- Rugby records for major tournaments between Australia and New Zealand
- A round-up of all the World Cups

## Learn to:

- Master the game and play to win
- Follow the laws and understand the ref's calls
- Identify key players at the World Cup
- Appreciate the history of the game

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