



EasiCoach Rugby Skills Activities U11-U13 U13-U16 2015 (Paperback)

By Andrew Griffiths, Dan Cottrell

Green Star Media Ltd, United Kingdom, 2015. Paperback. Book Condition: New. New edition. 279 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****.EasiCoach Rugby Skills Activities contain ready-made, age-appropriate, safe training activities. This volume covers the older age groups U11-U12 and U13-U16, helping coaches and young players understand the basic concepts, and is part of the EasiCoach Rugby Skills Curriculum. If you are new to coaching and not sure what to coach, or even how to coach, help is at hand, even for non-rugby volunteers. They are called EasiCoach activities because they are simple and easy to follow. EasiCoach will help you to quickly understand what it is you are trying to achieve and see what you need to do from just a few words and pictures. You can grasp the key do's and don'ts at a glance. The activity sheets tell you the equipment you need (never more than basics), and allow you to cater for more or fewer players at your session. Using EasiCoach helps you to speak to your players with confidence, and in addition, by following all the materials in each manual, your players will be learning the right..



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