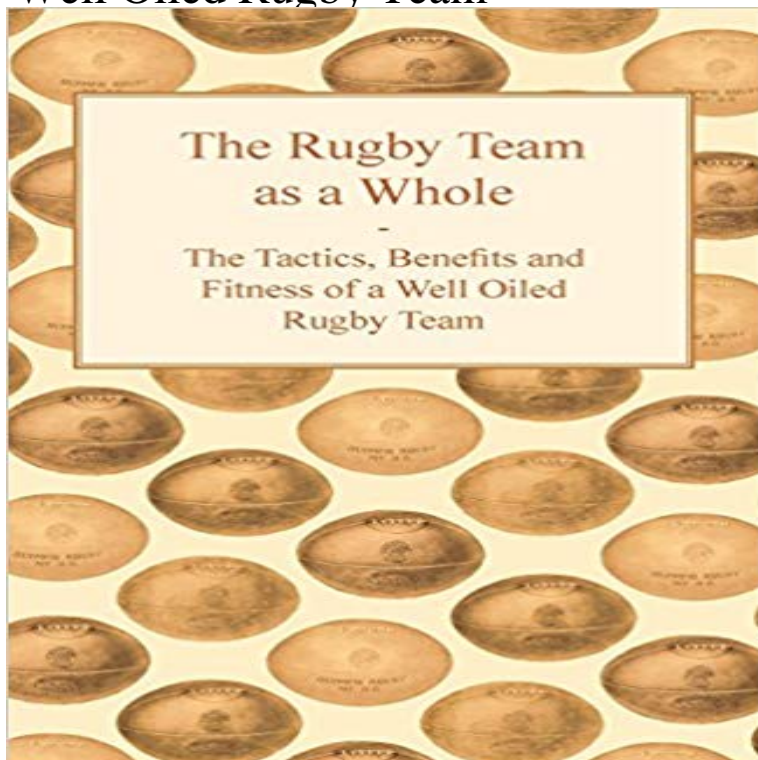


The Rugby Team as a Whole - The Tactics, Benefits and Fitness of a Well Oiled Rugby Team



The chances of winning a rugby game without a well led, tactically minded and well drilled team are slim. This book looks at the rugby team as a complete unit, including attacking and defensive tactics with diagrams. This book contains classic material dating back to the 1900s and before. The content has been carefully selected for its interest and relevance to a modern audience.

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