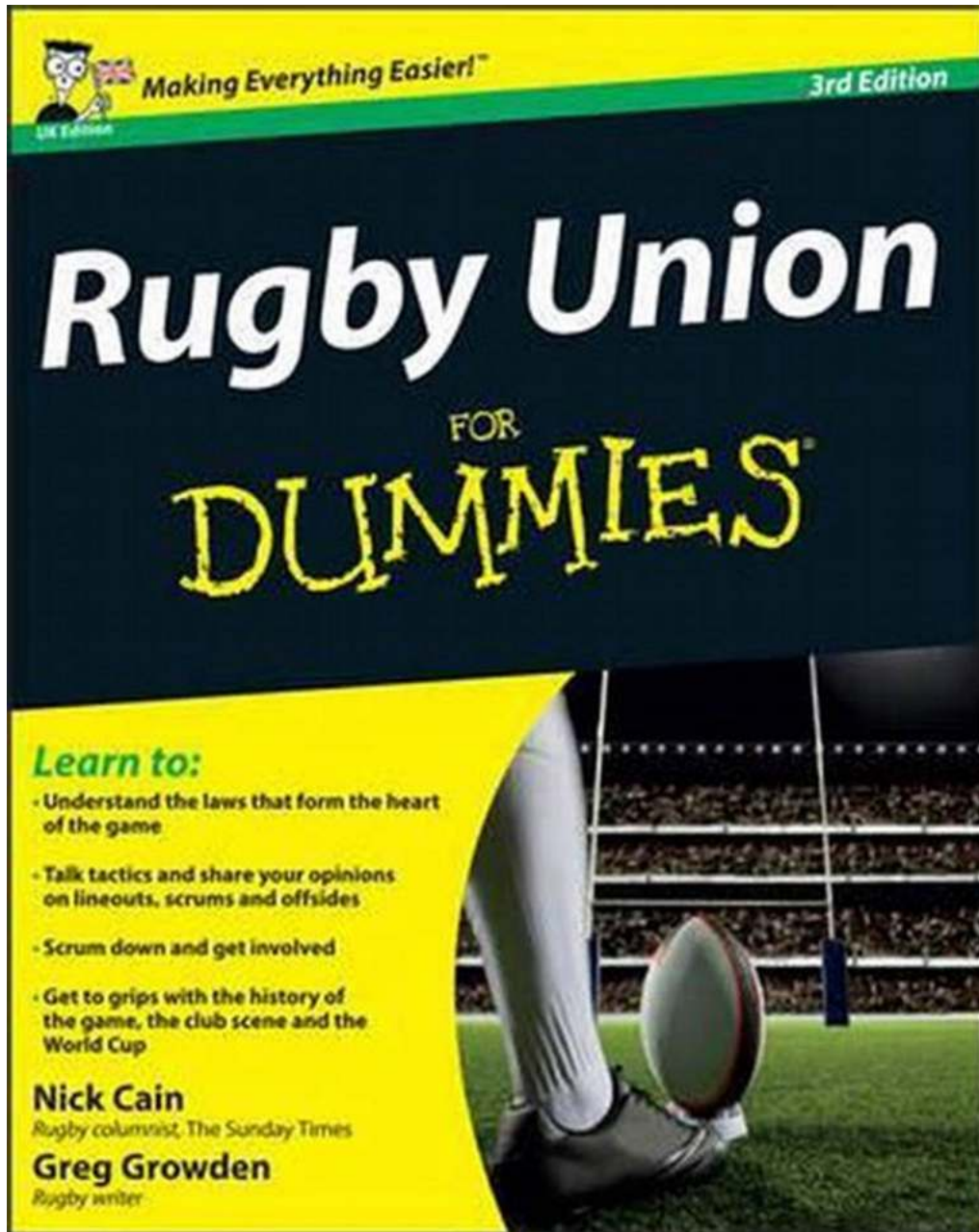


# Rugby Union For Dummies - Your Ultimate Guide

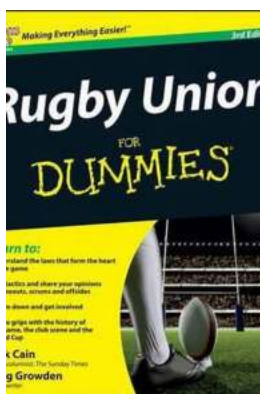


Rugby Union is a fascinating sport that captures the hearts of millions around the world. Whether you're a complete beginner or just looking to brush up on your knowledge, Nick Cain's "Rugby Union For Dummies" is the ultimate guide to understanding the game. In this article, we'll take a deep dive into the book,

covering the key concepts and providing valuable insights for Rugby Union enthusiasts.

## to Rugby Union

The book starts with a comprehensive to Rugby Union, explaining its origins, the basic rules, and the different positions players take on the field. Nick Cain breaks down complex terminology into simple terms, making it accessible for anyone interested in the sport.



## Rugby Union For Dummies

by Nick Cain (3rd Edition, Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 25622 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 546 pages
Lending	: Enabled



## 2. Mastering the Skills

To succeed in Rugby Union, it's crucial to develop and refine key skills. "Rugby Union For Dummies" provides step-by-step instructions and illustrations to help readers grasp passing, tackling, kicking, and other essential techniques. With Nick Cain's expert guidance, you'll be on your way to becoming a formidable player.

## 3. Understanding the Tactics

Strategy plays a vital role in Rugby Union, and this book offers an in-depth analysis of the various tactics employed by teams. Nick Cain's explanations of set pieces, attacking plays, defensive patterns, and game management will deepen your understanding of the sport and enhance your viewing experience.

#### **4. Player Profiles and Legends**

Get to know the greats of Rugby Union with Nick Cain's player profiles and stories of legendary players who have left an indelible mark on the sport. From Jonny Wilkinson's drop goal in the 2003 Rugby World Cup final to Richie McCaw's incredible career, these anecdotes will leave you inspired and in awe of the game's history.

#### **5. The Referee's Role**

In any sport, the role of the referee is crucial, and Rugby Union is no exception. "Rugby Union For Dummies" dives into the referee's responsibilities, the laws of the game, and common decisions made by officials. Understanding the referee's perspective brings a new dimension to your appreciation of the sport.

#### **6. Rugby Union Etiquette**

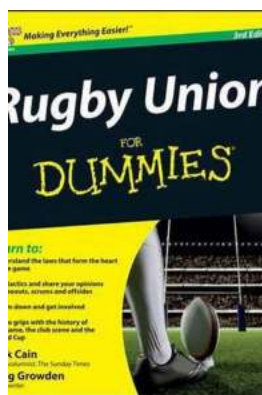
Aside from the technical aspects, the book also covers the etiquette and culture surrounding Rugby Union. From the respect shown towards opponents and referees to the traditions and spirit of the game, this section highlights the values that underpin the sport.

#### **7. Rugby Union Around the World**

Rugby Union has a rich global presence. In this chapter, Nick Cain explores the rugby cultures and rivalries in different countries, providing an insight into the passion and enthusiasm for the sport across the globe. Gain a broader perspective and discover exciting rivalries beyond your local teams.

Nick Cain's "Rugby Union For Dummies" is an invaluable resource for anyone wanting to learn about or deepen their knowledge of Rugby Union. With its easy-to-understand explanations, engaging anecdotes, and expert insights, this book is a must-read for both beginners and seasoned fans of the sport.

So, what are you waiting for? Grab a copy of "Rugby Union For Dummies" and embark on an exciting journey into the world of Rugby Union!



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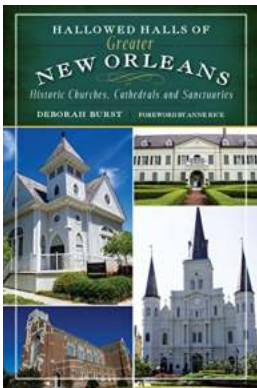
Lending : Enabled



If you're new to the sport or you feel you could sharpen up your knowledge of the game, this guide is for you. Inside you'll find easy-to-understand advice on the basic rules and pitch positions, plus in-depth lessons on ball skills, fitness training, and techniques to outwit your opponents - all illustrated with entertaining stories from British and International rugby's back pages. In addition, you get a grounding in the local, national and international reaches of Rugby Union

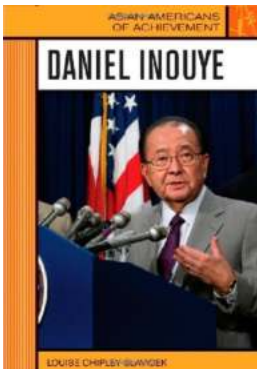
Rugby Union For Dummies 3rd Edition:

- Features an in-depth and up-to-date look at the Laws that form the beautiful game
- Covers all you will need to know about talking tactics and is perfect for anyone looking at swatting up on rugby for the World Cup and beyond
- Advises on all you will need to know to get stuck in and play
- Contains a new chapter on sevens as the sport will be a demonstration sport at London 2012 and a full sport at Rio 2016



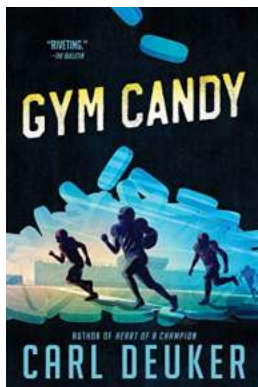
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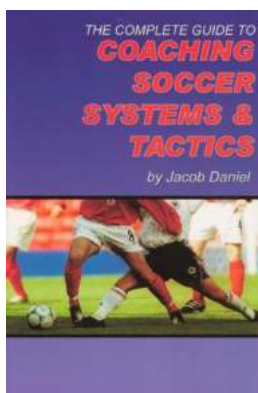
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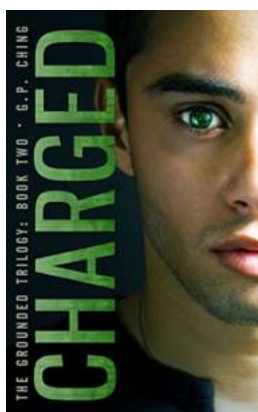
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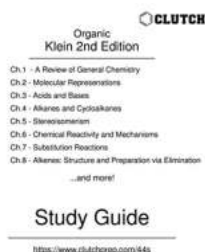
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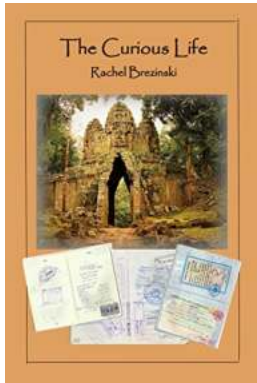
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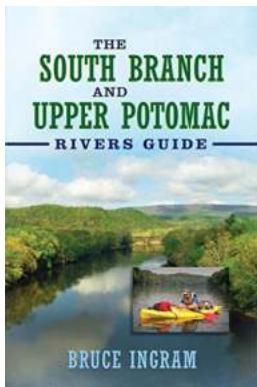
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