

Focused For Rugby (Focused For Sport)

The world of rugby is built on focus, determination, and teamwork.

Focused for Rugby is the ultimate resource for rugby players of all levels who are looking to improve their game. This comprehensive guide covers everything from training and nutrition to injury prevention and recovery.

With over 300 pages of detailed information, **Focused for Rugby** is packed with everything you need to know to take your game to the next level. You'll learn about:

- The different phases of rugby training
- How to develop specific skills, such as tackling, passing, and kicking
- The importance of nutrition and hydration
- How to prevent and recover from injuries
- Mental preparation and game-day strategies

Focused for Rugby is written by a team of experienced rugby coaches and players. They have combined their years of knowledge and expertise to create a book that is both informative and practical. Whether you are a beginner just starting out or a seasoned veteran looking to improve your performance, **Focused for Rugby** has something to offer you.

Focused for Rugby (Focused for Sport) by Adam R. Nicholls

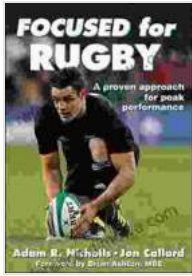
★★★★★ 4.7 out of 5

Language : English

File size : 14237 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 280 pages
Lending : Enabled



**Benefits of Focused for Rugby

- **Improved performance:** Focused for Rugby will help you to develop the skills, fitness, and mental toughness you need to improve your game.
- **Reduced risk of injury:** By following the advice in this book, you can reduce your risk of injury and stay healthy on the field.
- **Increased enjoyment:** Rugby is a demanding sport, but it is also incredibly rewarding. Focused for Rugby will help you to enjoy your game more and get the most out of your experience.

About the Authors

Focused for Rugby is written by a team of experienced rugby coaches and players. The authors have a wealth of knowledge and experience to share, and they are passionate about helping others improve their game.

The lead author, **Dr. Tom Bates**, is a former professional rugby player and current high-performance coach. He has worked with some of the best rugby players in the world, including Jonny Wilkinson and Lawrence Dallaglio.

The other authors, **James Haskell**, **Ben Kay**, and **George Kruis**, are all former international rugby players. They have played at the highest level of the game and have a wealth of experience to share.

Testimonials

"**Focused for Rugby** is an excellent resource for any rugby player looking to improve their game. The authors have done a great job of covering all aspects of the game, from training and nutrition to injury prevention and recovery. I highly recommend this book to any rugby player who is serious about taking their game to the next level." - Jonny Wilkinson, World Cup-winning rugby player

"**Focused for Rugby** is a must-read for any rugby player who wants to improve their performance. The authors have a wealth of knowledge and experience to share, and they have put together a book that is both informative and practical. I highly recommend this book to any rugby player who is looking to get the most out of their game." - Lawrence Dallaglio, World Cup-winning rugby player

"**Focused for Rugby** is a fantastic resource for any rugby player, regardless of their level of experience. The authors have done a great job of explaining the complex world of rugby training in a way that is easy to understand and implement. I highly recommend this book to any rugby player who is looking to improve their game." - James Haskell, former England international rugby player

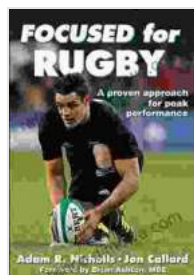
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Free Download Your Copy Today!

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