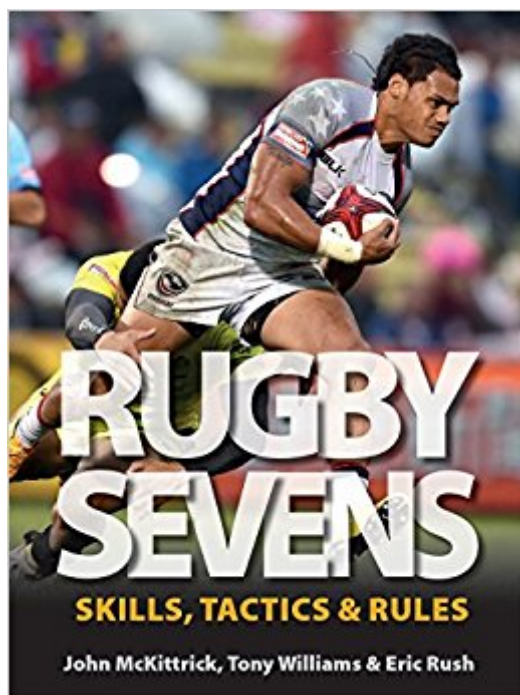


The book was found

# Rugby Sevens: Skills, Tactics And Rules



## Synopsis

Rugby sevens is a faster and more free-flowing game of rugby than the fifteens. Played with seven per side on the same-sized field as fifteens means fewer defenders with more space to cover and a far faster pace. Rugby Sevens: Skills, Tactics and Rules describes how to enjoy playing sevens and also how to win. All aspects of the game are covered including choosing a team, coaching and conditioning, set formations and technical elements, team tactics and the role of team captain and much more. The book includes 100 photographs of international male and female players in action, including team USA. Utah-born Maka Unufe of the USA Rugby Sevens is on the front cover. The chapters in this book are: A Brief History of Sevens A Sevens Team Set Pieces -- Kickoffs, Scrums, Line Outs, Penalties and Dropouts Defensive Techniques Essential Sevens Skills The Breakdown Offence Penetrating and Scoring Tactics Quality Control Conditioning Rules of Sevens. Sevens is an international game followed by legions of fans. Its restoration as an Olympic sport for men and women at Rio 2016 will introduce the exciting sport to millions of new fans and will undoubtedly inspire many new players.

## Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

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## Customer Reviews

Very good pictures and illustrations although the diagrams needed a bit more explanation.

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