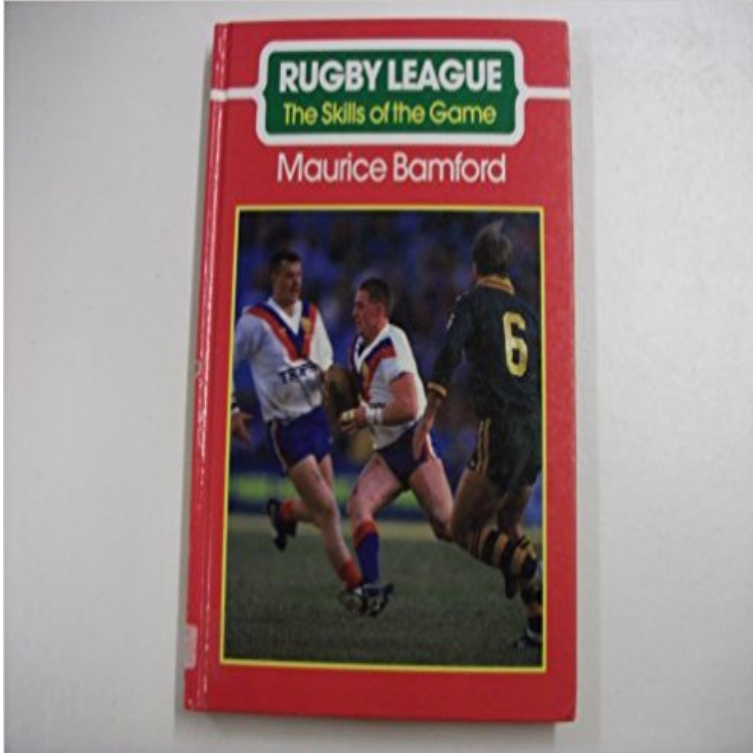


Rugby League (The Skills of the Game)



In this guide to rugby league, the author emphasises the importance of an all-round approach to the game, with chapters on fitness and nutrition, football psychology and mini-league. The basic team and individual skills are outlined in detail as are the new approaches and techniques finding their way into the game. Players and coaches from both the amateur and professional codes should find this book of interest.

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