

Contents

Game and Drill Finder **ix** • Preface **xiii**
Acknowledgments **xix** • Key to Diagrams **xxi**

1	Using Drills and Games	1
2	Small-Sided Handling Games	15
3	Small-Sided Kicking Games	35
4	Attacking and Defensive Drills	47
5	Bag and Shield Drills	67
6	Non-Specific Rugby Games	91
7	Small-Sided Rugby Games	103
8	Large-Sided Rugby Games	127
9	Fitness Requirements for Rugby	157
10	Planning for the Season	167

References **183** • About the Authors **189**