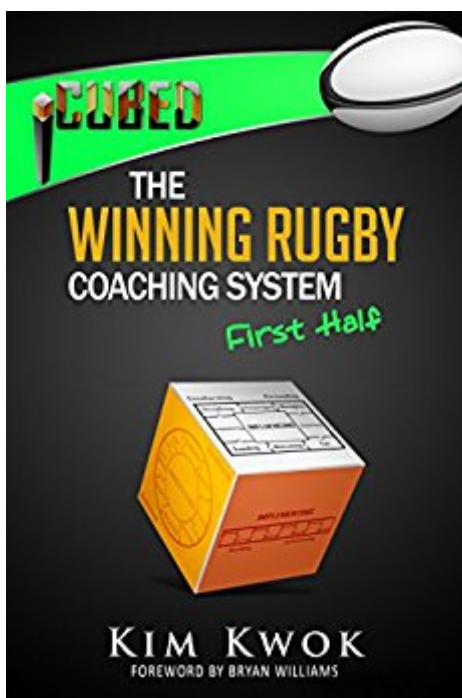


The book was found

ICubed: The Winning Rugby Coaching System - First Half



Synopsis

Are you doing the right thing? No matter what your level of rugby coaching, the iCubed system will equip you to answer that vital question correctly. This book will explain the details of the system. It will give you the certainty you need. The depth of detail is neither too little nor too much. The details are also simple and straight forward, and can be tailored and applied to any coach and team. So when the time comes, you will have the resources to know with confidence if you are doing the right thing. The rugby coach enjoys a special privilege and responsibility: to join together the efforts of everyone in the team in such a way that the total is greater than the sum of the parts. It is one of the most rewarding experiences in sport, and is one that everyone who is swept up in it will treasure for the rest of their lives. It is the reason they play, or assist, or support your team in the hope that someone will perform the magic. This book will tell you exactly how to make the magic happen. All Black and coaching great Bryan Williams contributed the Foreword in which he wrote, "through the iCubed system I learned something really important that I didn't know before, and others have got to know about it. All rugby coaches, players, administrators, support staff personnel, and fans of the rugby will receive new and rich insights that will transform their understanding". Even those encountering the game of rugby for the first time will understand the iCubed system with no difficulty. By the time you've finished you'll know even better than many coaches if they are doing the right thing! First Half is the first of three volumes in the iCubed: The Winning Rugby Coaching System series. The others are Second Half, which provides the big picture of how the system fits together; and Extra Time, which shows how to apply the system. Also available is the super volume, Full Match, incorporating all the material in the series.

Book Information

File Size: 520 KB

Print Length: 162 pages

Simultaneous Device Usage: Unlimited

Publisher: iCubed (April 18, 2015)

Publication Date: April 18, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00WD24XLK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #485,866 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Rugby #61

in Kindle Store > Books > Sports & Outdoors > Other Team Sports > Rugby #288 in Kindle Store > Kindle eBooks > Education & Teaching > Higher & Continuing Education > Adult & Continuing Education

Customer Reviews

This is a book about rugby coaching; the next level beyond drills and skills. It is written in the mould of Lore of Running. Tim Noakes explores the science of long distance running in Lore of Running by investigating the training methods of long distance running legends. In similar fashion this book tells stories of legendary rugby coaches, matches, rugby tours and series victories. It explores the philosophies, coaching strategies and approaches of successful rugby sides like the British and Irish Lions of 1971 and 1974; the 1937 Springboks and legendary New Zealand coaches like Fred Allan and Graeme Henry to mention but a few. What makes the book unique is the fact that it pulls all these strategies, philosophies, approaches and stories into a coaching model that can be used by rugby coaches on all levels. It is a wonderfully well written account of some of the great historical rugby moments of the last 100 years but moulded into an easy to follow practical coaching manual. It tells you how to become a successful coach by exploring what the legends have done. A must read for all rugby enthusiasts and every coach from wannabe coaching dads, to club coaches, to provincial and national and international coaches. Like all great books what you get out of this manual will depend on where ever you find yourself as a rugby supporter and rugby coach. You'll read it and the insights you'll gain will provide a new foundation which allow you to get more out of the book the next time you read it.

Part historian, part philosopher, part scientist, part coach. Kwok is certainly all Rugby. Just when you thought you might have had the bases covered and dots connected, Kwok will challenge much of you know about coaching.

[Download to continue reading...](#)

iCubed: The All Blacks' Winning Rugby Coaching System (iCubed: The Winning Rugby Coaching System Book 5) iCubed: The Winning Rugby Coaching System - First Half iCubed: The Winning Rugby Coaching System - Second Half iCubed: The Winning Rugby Coaching System - Full Match iCubed: The Winning Rugby Coaching System - Extra Time How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Rugby Classics: Total Rugby: Fifteen-a-side Rugby for Player and Coach Rugby Revealed: Reaching Your Rugby Potential Rugby Classics: Think Rugby: A Guide to Purposeful Team Play Rugby's Great Split: Class, Culture and the Origins of Rugby League Football (Sport in the Global Society) The Art of Scrummaging: A History, a Manual and a Law Dissertation on the Rugby Scrum - A Rugby Scrum Thesis TOUCH RUGBY: The ultimate game-sense tool to teach rugby skills and decision making while having fun Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Coaching Rugby Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Basketball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)