



# 101 Youth Rugby Drills (101 Drills)

*Chris Sheryn, Anna Sheryn*

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Designed specifically for younger players, *101 Youth Rugby Drills* is the practice bible for youth rugby coaches. It contains a range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills required to introduce rugby, including:

- warming up and cooling down
- handling the ball
- running with the ball
- running off the ball
- attacking and defensive patterns.

As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players.

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