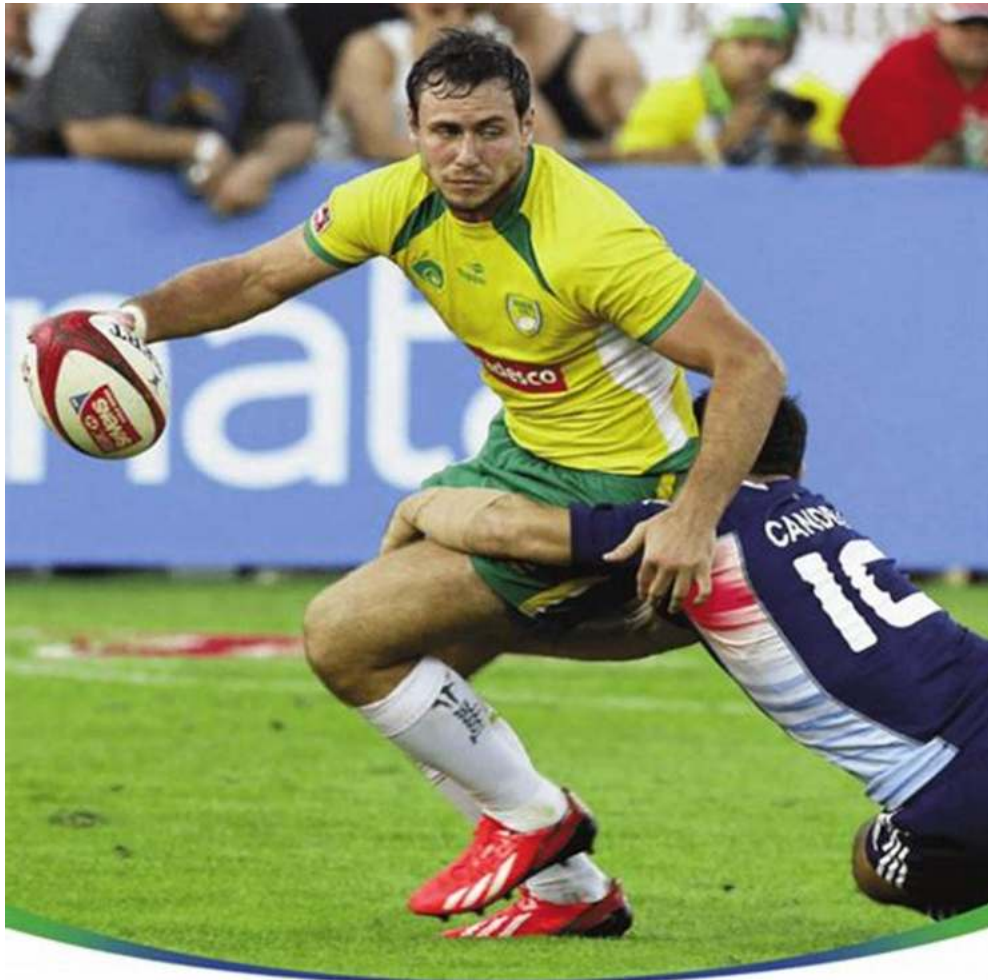


10 Essential Tips for Beginners: So You've Never Played Rugby Union



A BEGINNERS GUIDE TO RUGBY UNION

2015 edition

If you've never played rugby union before, you might feel a mix of excitement and apprehension about stepping onto the field. Don't worry, though, because this beginner's guide has got you covered! In this article, we will walk you through the

basics of rugby union and provide you with useful tips to help you navigate this thrilling sport.

1. Understand the Objective

Rugby union is a contact team sport that aims to score points by carrying, passing, and kicking an oval-shaped ball to the opposition's goal line. Players can advance the ball by running or passing it backward, maintaining possession until they score a try or kick a goal.



So you've never played Rugby Union: How the ignorant can appear knowledgeable about the game. Useful for spectators, players and officials. An essential guide for commentators.

by Jim Maccracken (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 3445 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Paperback	: 51 pages
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2. Get Familiar with the Positions

Rugby union consists of 15 players divided into two teams. Each position has unique responsibilities and plays a crucial role in the game. Understanding the positions, such as the forward pack, backline, and scrum-half, will help you grasp the game's dynamics and where you fit in best.

3. Master the Basic Skills

Prioritize mastering the essential skills required in rugby union, including passing, catching, tackling, and kicking. Regular practice, both individually and with a team, will enhance your coordination, dexterity, and overall gameplay.

4. Know the Laws

Understanding the laws of the game is vital for both player safety and fair play. Familiarize yourself with regulations around offside, tackling, scrums, lineouts, rucks, and mauls. This knowledge will ensure you make informed decisions on the field and avoid penalties.

5. Build Stamina and Strength

Rugby union demands endurance and physicality. Engage in cardio exercises, strength training, and conditioning drills to improve your stamina, speed, and power. Remember to prioritize proper warm-ups and cool-downs to prevent injuries.

6. Embrace Teamwork

Rugby union is all about teamwork. Develop strong communication and camaraderie with your teammates to effectively coordinate plays, support each other, and create scoring opportunities. Remember, no player can win a game alone!

7. Safety First

Rugby union is a contact sport, so safety should always be a priority. Ensure you have appropriate protective gear, such as a mouthguard and headgear, to minimize the risk of injuries. Follow proper tackling techniques and respect your opponents' safety as well.

8. Learn from Experienced Players

Seek guidance from experienced rugby union players or coaches who can offer valuable insights and mentorship. Learning from their expertise will accelerate your progress and help you understand the intricacies of the game.

9. Watch and Analyze Games

Regularly watch professional rugby union matches to gain a deeper understanding of the game's tactics and strategies. Pay attention to players in your preferred position and observe their movements, decision-making, and overall gameplay. You can also discuss the game with fellow enthusiasts for further analysis.

10. Enjoy the Journey

Rugby union is a physically demanding yet immensely enjoyable sport. Embrace the challenges, cherish the victories, and don't forget to have fun along the way. Remember, it's the journey that matters most!

By following these essential tips for beginners, you will feel more confident and well-prepared to dive into the world of rugby union. Remember to begin slowly, focus on one aspect at a time, and keep practicing. Enjoy the thrill of the game and give it your all on the field!

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So you've never played Rugby Union explains the game for those of us who have been less than accurate about our youth and are, perhaps, taking a 7-year-old to a match and don't want our ignorance of rugby to be obvious.

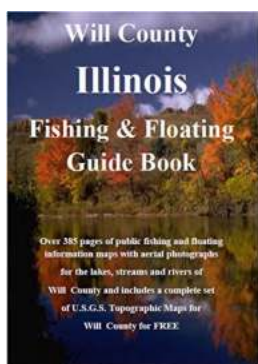
Want to know where the game line is painted? Then this is the book for you. If one of the tight five (this is explained and it is not those players who never buy a round) is described as 'knowing where the [goal] line is', it will explain that if a back says it, it is praise, and if a forward says it, it is contempt.

There are lots in the stands who share your concerns. There will be some on the pitch as well, and I've seen the occasional rugby ref . . . With this book you can bullshit yourself through 80 minutes of any match and appear a hero to your child. Say phrases like: 'Kicking away touch', 'The twenty five yard line' and 'You're not allowed to say that about the ref, even if he deserves it'. Be a hero to your child.

Know when to clap – that’s an essential for any spectator. Then there’s fractions; three quarters is fine, seventeen thirty-sixths is not.

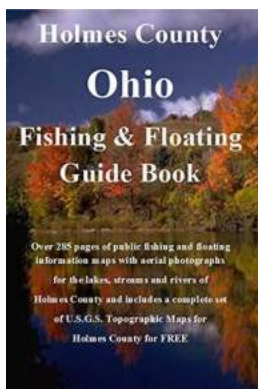
Rugby’s not complicated. Even some referees understand it. It’s too much for commentators, but you’ll be able to bluff your way through the club house, at least as long as it takes everyone to get drunk.

This is the book they tried to ban. They they couldn't be arsed.



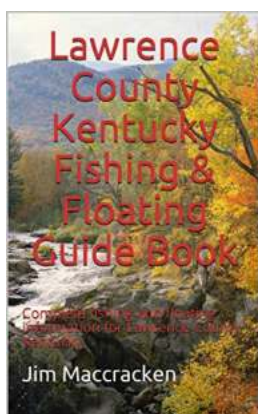
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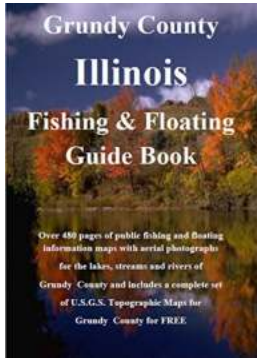
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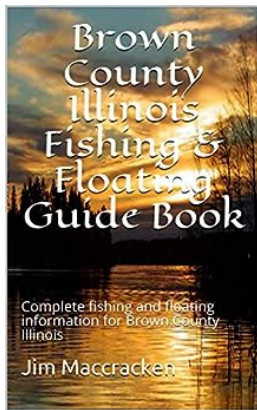
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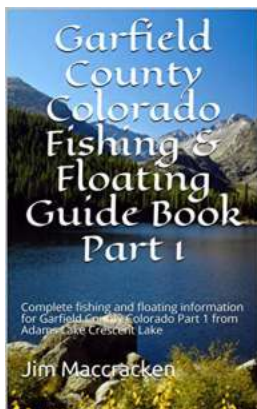
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About Grundy County Illinois Located in the heart of the Midwest, Grundy County in Illinois offers a haven for fishing and floating enthusiasts seeking pristine waters and...



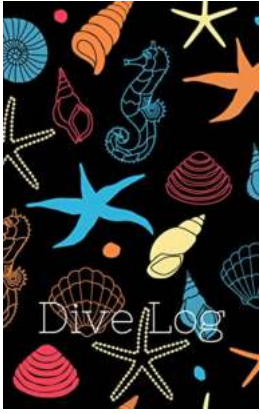
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