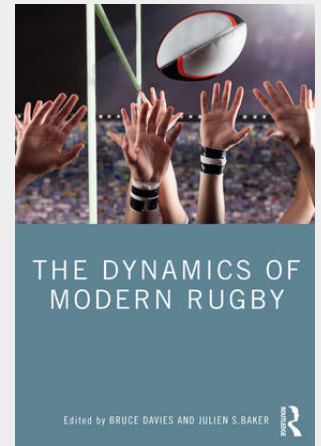


The Dynamics of Modern Rugby

The modern game of rugby football has become gladiatorial, whereby muscular athletic players are involved in a form of collision chess with sophisticated defences smothering the offensive skills that were at one time a more dominant feature of the game. The contributors to this book consider the physical, mental and nutritional demands of the game in its present form and how best to acquire these attributes in the most effective and efficient manner. The inevitable injuries that are associated with collision are considered in terms of prevention and the most effective forms of treatment. New concepts to improve exercise capacity, game preparation and recovery are discussed in conjunction with the modern coaching theories of the game. The possible changes to the rules are discussed by two outstanding International referees, and the future vision for World Rugby is outlined by the President of World Rugby. The Dynamics of Modern Rugby is both a unique and contemporary addition to the rugby literature and, as such, is essential reading for any student, researcher, coach, sports scientist, physiotherapist, nutritionist or clinician with an interest in rugby.



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