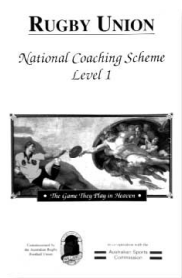


Go Beyond the Basics - Get The Knowledge.



* ALL PRICES ARE G.S.T INCLUSIVE



ARU Level I Coaching Manual

R.J.P Marks

An ideal text for teaching rugby basics to school level and junior players. Sections include advice on teaching youngsters, the basic game, individual skills, scrums, lineouts, defence, using the ball, maintaining the ball, fitness for young players and simplified laws of the game. A valuable reference work for all coaches of junior teams. Illustrations and photographs.

\$44.00



Rugby Playing It Safe - The ARU Safety Kit (Binder and Video)

The acclaimed safety pack developed by the ARU for all levels of player is now widely available for use. The video and supporting written material and overhead transparencies give ease to follow advice on maximising player safety in the game. Detailed skills give coaches the tools they need to safely coach players in the tackle, after tackle play and the scrum. Ideal for school-level and junior coaches. Narration by Gordon Bray.

\$104.50

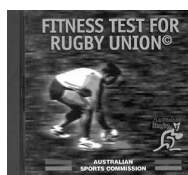


ARU Level II Coaching Manuals

Forward Play - R.J.P Marks & T.W Burkett;
Backline play - R.J.P Marks

This two volume set is the definitive guide for coaches wanting to perfect their skills at a senior level; however, the principles are equally applicable for junior players. With detailed descriptions, photographs and diagrams, all aspects of the game are covered, including tactical play, opposition assessment and the role of the coach.

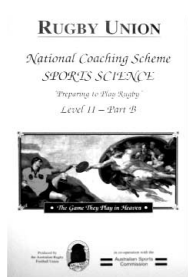
\$87.89



Fitness Test for Rugby Union (CD)

This test was designed this year by Steve Nance, the ARU performance co-ordinator. Designed for on-field use, the CD is a complete timed program to test the fitness of all players, from juniors to Wallabies. The test is designed to test players' fitness specifically for rugby and targets cardiovascular endurance, agility, muscular endurance, speed, flexibility and power.

\$22.00



ARU Level II Sports Science Manual

A collection of articles by experts in their fields, this book gives a thorough background to the use of science to enhance player fitness, power and endurance. Topics covered include the principles of training, fitness testing, endurance training, strength training, speed training, power training, peaking, injuries, nutrition and recovery. Includes suggested pre-match diets.

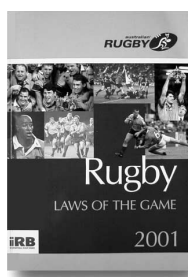
\$44.00



Rugby Research - Level III Coaching Papers

A selection of papers from the Level III coaching program, this collection brings together the thoughts and experience of some of Australia's most talented rugby coaches. Covering all aspects of play, tactics and psychology, the papers form an invaluable resource for advanced coaches.

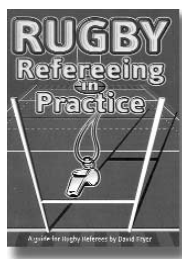
2000 Ed \$40.00 / 1998 Ed \$33.00



Rugby Laws of the Game

A simple, easy to follow explanation of the laws to the game of Rugby. Clear descriptions remove the confusion associated with some rules and ease explaining the laws to players. Designed in a handy guidebook style, it slips easily into the back pocket for onfield coaching.

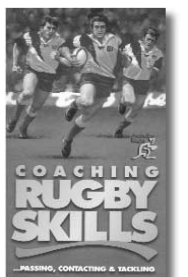
\$17.60



Refereeing in Practice

This is a companion book to Referee Coaching In Practice, and provides an excellent resource for new referees, outlining basic refereeing skills, management and positional play.

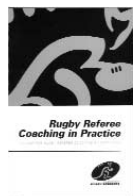
\$15.40



Rugby Coaching Skills - Passing, Contacting and Tackling (Video)

This video is an indepth look at these three basic elements of Rugby. It is designed to assist the coach of today how to implement correct technique among players. Slow motion footage demonstrates the application of the skills that are essential to the modern game. Wallaby and Super 12 highlights demonstrate how the skills are integrated in game situations.

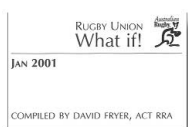
\$49.50



Referee Coach in Practice

A new publication, this is an excellent resource for coaching referees at all levels. It contains listings of referee competencies, indicators of non-compliance, possible causes and coaching hints.

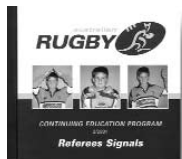
\$15.40



Law - What if Cards (Pack of 75)

A set of 79 laminated cards with Law questions on the front and answers on the reverse. Great for all referees or coaches, as an easy resource for reviewing their Law knowledge.

\$15.40



CEP Referee Signals (CD)

This new CD-ROM will assist the newer referee in development of his signals and whistle for all applicable Laws. The video and audio clips are linked with Law definitions, and as such provide an excellent link between Law, signal and whistle.

\$15.40

Level I - Touch Judging Booklet

This booklet lists all the Laws with which touch judges need to be aware.

\$5.50

