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League Academy Of Excellence For Coaching Rugby Skills And Fitness Drills therefore simple!

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people to do so. Eventually the offer of a job in Sydney came - to coach Premiership glamorous club, Eastern Suburbs. Tap into the wisdom of 12 of Australia's finest coaches as they reveal their personal stories and success philosophies. Their secrets can take you to the top of your sports parenting or coaching game! The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies - one of only a handful of men to achieve such an honour in the game's history. For 20-odd years Bert Holcroft has had one of the unlikeliest jobs in sport - teaching Australian Rugby Coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's re-emergence as a major Rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one Test defeat since 1978 speaks for itself. But Bert's reputation is nation-wide "down under" - quite simply he's one of the best in the business. Bert, who played for Leigh between 1950-60, has spent much of his latter years Down Under lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the 13 a side game. Since emigrating in the late 60's, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales and Sydney have all come under his influence - often with spectacular results. Bert's credentials are impeccable. Last summer, he achieved the highest accolade in Australia - his Grade Three certificate personally signed by the then Australian league chairman Kevin Humphreys and the Director of Coaching, Peter Corcoran. Three years earlier, Bert has sailed through his Grade One and Two with flying colours. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before emigrating to Australia, has spent a lot of his time heavily involved with Rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. Coaching Accreditation awarded by the Australian Institute of Sport, Department of Sport and Recreation NSW and the NSW Rugby League for administration, as well as being awarded National Coaching Certificates in both Britain and Australia - one of only a handful of people to do so. Eventually the offer of a job in Sydney came - to coach Premiership glamorous club, Eastern Suburbs. Since its first published edition more than 30 years ago, the BASES (British Association of Sport and Exercise Sciences) Physiological Testing Guidelines have represented the leading knowledge base of current testing methodology for sport and exercise scientists. Sport and exercise physiologists conduct physiological assessments that have proven

validity and reliability, both in laboratory and sport-specific contexts. A wide variety of test protocols have been developed, adapted and refined to support athletes of all abilities reach their full potential. This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing. With contributions from leading specialist sport physiologists and covering a wide range of mainstream sports in terms of ethical, practical and methodological issues, this volume represents an essential resource for sport-specific exercise testing in both research and applied settings. This new edition draws on the authors' experience of supporting athletes from many sports through several Olympic cycles to achieve world leading performances. While drawing on previous editions, it is presented in a revised format matching the sport groupings used in elite sport support within the UK sport institutes. Building on the underpinning general procedures, these specific chapters are supported by appropriate up-to-date case studies in the supporting web resources. This definitive work of reference - which reveals the storied histories of all of the above Welsh exports, as well as everything you need to know about this remarkable, fascinating, and iconoclastic principality - will undoubtedly be one of the most important books published in the history of Wales. Running the gamut of in-depth research and thought-provoking knowledge - from folk heroes to rock stars, ancient bards to Dylan Thomas, and all the men and women in between who have excelled in art, culture, politics, commerce, and sport - this thrilling volume provides easily accessible information on any aspect of Wales and Welsh life, past and present, letting you know why this centuries-old nation enjoys the nickname, "Cool Cymru."--Publishers description. The Big Bash League book series is back - better and BIGGER than ever! Billy loves to bowl - fast! He's also a massive Melbourne Stars fan and when his friend Wen-Lee lets him know about a cricket academy camp, run by none other than the Stars, Billy is desperate to go! So is Wen-Lee, even if she does barrack for the Brisbane Heat. Trouble is, the applications are about to close and Billy needs to find a way to raise money for the entry fee. Perhaps a speed-bowling competition is in order! Over the last 20 years the professionalization of both codes of rugby (league and union) has led to increasing demands on players. The Science of Sport: Rugby provides a comprehensive and accessible overview of the science behind preparing for performance in rugby. Using key scientific research and practical applications, the book offers an insight into how science can inform practice to improve player performance. The authors contributing to this book are world leading in their respective fields, ranging from academics researching rugby performance to practitioners delivering this information within the professional game. This new book covers: movement and physiological demands; fitness testing; fatigue and recovery; nutrition; strength and conditioning; injury rehabilitation; decision-making; skill assessments; young rugby players; talent identification and development; referees and finally, coaching planning and practice. This book bridges the gap between theory and practical application and includes forewords by Sir Ian McGeechan, OBE, Kevin Sinfield, MBE and Jamie Peacock, MBE.

Illustrated with 38 colour images and diagrams. 'Feeling the way I do now, it's not a feeling I ever want to have again.' Andrew Flintoff speaks for a nation. The Ashes, 2006/07: Australia 5 England 0. The nightmare returns. For twenty years, Australia has produced competitors so gritty they order sandwiches with sand in, and not just at cricket. Fourth in the medals table at the Athens Olympics, Tour de France contenders, Davis Cup champions, and the Socceroos 3--1 winners over England. For Richard Beard, the football was the last straw. So, on the well-established principle that if you want something doing ..., he travelled down to Australia for seven rounds of hand-to-hand sporting combat, to find out just what makes the Australians so good, and how to beat them. The huge Sunday Times number one bestselling inspirational memoir from rugby league legend Rob Burrow on his extraordinary career and his battle with motor neurone disease. 'A pocket rocket of a player and a giant of a character . . . He is one in a million and his story is truly inspirational' - Clare Balding 'I'm not giving in until my last breath' - Rob Burrow Rob Burrow is one of the greatest rugby league players of all time. And the most inspirational. As a boy, Rob was told he was too small to play the sport. Even when he made his debut for Leeds Rhinos, people wrote him off as a novelty. But Rob never stopped proving people wrong. During his time at Leeds, for whom he played almost 500 games, he won eight Super League Grand Finals, two Challenge Cups and three World Club Challenges. He also played for his country in two World Cups. In December 2019, Rob was diagnosed with motor neurone disease, a rare degenerative condition, and given a couple of years to live. He was only thirty-seven, not long retired and had three young children. When he went public with the devastating news, the outpouring of affection and support was extraordinary. When it became clear that Rob was going to fight it all the way, sympathy turned to awe. This is the story of a tiny kid who adored rugby league but never should have made it - and ended up in the Leeds hall of fame. It's the story of a man who resolved to turn a terrible predicament into something positive - when he could have thrown the towel in. It's about the power of love, between Rob and his childhood sweetheart Lindsey, and of friendship, between Rob and his faithful teammates. Far more than a sports memoir, Too Many Reasons to Live is a story of boundless courage and infinite kindness. The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies - one of only a handful of men to achieve such an honour in the game's history. For 20-odd years Bert Holcroft has had one of the unlikeliest jobs in sport - teaching Australian Rugby Coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as

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the disappointments, and the characters they met along the way in their own words, in a tribute that derives from Greg's own love of the 'the greatest game of all'. Such names as Crocker, Lovejoy, Gallagher, Metassa and Leis just to name a few of the people portrayed in this book. The Holcroft saga is a rugby story, the likes of which may never have been equaled in the history of the game. It begins over a century ago, when Mr. George Holcroft was given charge of Leigh St. Peters RLFC in 1889. He married, and when his family grew up, Jack, Harry, William, and Tom all played for local teams. They married, and George's grandsons, Bert and Bill, also played. Bert Holcroft has been a distinguished servant of the game of rugby all his life. He holds coaching certificates from both the Australian and British governing bodies—one of only a handful of men to achieve such an honor in the game's history. For twenty-odd years, Bert Holcroft has had one of the unlikeliest jobs in sports—teaching Australian rugby coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem at par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's reemergence as a major rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one test defeat since 1978 speaks for itself. But Bert's reputation is nationwide down under—quite simply, he's one of the best in the business. Bert, who played for Leigh between 1950 and 1960, has spent much of his later years down under, lecturing to top-grade coaches in New South Wales. The majority of sport psychology research to date has been underpinned and driven by a secular perspective. There is an urgent need for sport psychologists to better understand the relevance of Christian faith in athletes' sporting experiences and day-to-day lives in order to improve their performance and well-being. Sport, Psychology and Christianity is the first book to consider the relationship between sport psychology provision and Christianity from a welfare and performance perspective. Bringing together contributions from leading scholars in the field, the book includes chapters on: The role of faith in sport injury rehabilitation Christian belief and resilience during injury The pitfalls of perfectionism in sport Collaboration between sport psychologist and club chaplain Ethical considerations when working with spiritual athletes Reflective practice in sport psychology consultancy Offering a holistic approach to improving athlete welfare and performance where faith and spirituality are core tenets of well-being, this volume is a critical and timely resource for students, researchers and practitioners working in sport psychology; sport and spirituality; or religion, sports chaplaincy and allied roles and professions. Ben Mackay is in his late teens, raised by a single mother in a high rise flat situated in a run down area of Manchester where drugs and violence threaten to destroy people's lives. He sets out to lead a gang of hoodies who terrorise the area but strange events result in him working as a secret agent for MI5. Mike Edwards is an ex-professional rugby league player who falls in love with Ben's mother Karen. While Karen tries to maintain standards, Mike is drawn into the dark underworld of drug dealing and corruption. Heartbreak and

tragedy threaten their relationship but Karen, whose courage and innate sense of what is right and what is wrong, rides out the storm to bring love and stability back into their lives. Athletic Development: A Psychological Perspective is an examination of the psychological factors that help or hinder the development of participants in sport. This includes influences such as families, coach-athlete interactions, and transitional episodes on an individual's pathway in sport. This edited collection of topical chapters shines a unique psychological perspective on the athlete's development through sport. It explores a range of contemporary themes that influence athlete's development including: An introduction to athletic development which orientates a holistic, psychological perspective of the athletic development process. Social influences on athletic development, which explores the impact of varied social influences (e.g., coach, family, peers, school) on sports participation and performance from a psychological perspective. Athlete wellbeing, which explores various aspects influencing mental health and welfare as an athlete progresses through their sports career. The book combines key theory with illustrative case studies, to analyse the complexities of athletic development. It takes a critical perspective highlighting some of the debates and controversies in these areas and uses spotlight boxes in each chapter to focus on questions or topics of particular interest. Athletic Development: A Psychological Perspective is a key reader for all students in the fields of sport and exercise psychology, sport coaching, and related sport science subjects. On 29 January 2011, Benjamin Robinson was playing rugby for his school. During the match he sustained a concussion but was not taken off, and was allowed to continue with the game, in which he endured a second impact. When play ended, he collapsed, dying two days later as a result of his injuries. Every week young children are hospitalized on the playing fields of Britain. Yet the subject is rarely investigated, injury data are not systematically collected, and as a result any real attempt to work out how to make youth rugby safer is flawed. Using meticulous, peer-reviewed research, leading public health specialist Allyson M. Pollock sets out the true risks associated with the sport, raising uncomfortable questions for politicians and the educational authorities. Youth Rugby provides a summary of the latest and most up-to-date research evidence in relation to developing the youth rugby player. The book provides an overview of the latest scientific research for key topics related to the youth rugby player across the codes of rugby (union, league and 7's; mainly league and union in youth players) whilst also summarising the quality of the evidence available and the limitations of this research and highlighting key future research directions. The book covers a range of fundamental scientific topics relating to paediatric exercise science, human physiology, youth athletic development and high-performance sport. Each author is an experienced researcher within their respective discipline related to the youth rugby player. The book includes chapters on: • Long-term athletic development, growth and maturation, talent identification and the physical demands of youth rugby training and match-play. • Physical characteristics and the current evidence behind training

methods to promote desired physical qualities. • Fatigue and recovery, the tackle, psychosocial development, nutrition and injury prevalence and prevention. This text is essential reading for all scientists, students and applied researchers wanting to develop world-class, evidence-based programmes for their youth athletes. The Holcroft saga is a rugby story—the like of which may never have been equaled in the history of the game. It begins over a century ago, when Mr. George Holcroft was given charge of Leigh St. Peters RLFC in 1889. He married, and when his family grew up, Jack, Harry, William, and Tom all played for local teams. They married, and George’s grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of rugby all his life. He holds coaching certificates from both the Australian and British governing bodies—one of only a handful of men to achieve such an honor in the game’s history. For twenty odd years, Bert Holcroft has had one of the unlikeliest jobs in sport: teaching Australian rugby coaches how to coach. Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia’s reemergence as a major rugby power. On the face of it, Australia wouldn’t seem to need any outside help, let alone from a Pom. Their record of only one test defeat since 1978 speaks for itself. But Bert’s reputation is nationwide “down under”—quite simply, he’s one of the best in the business. Bert, who played for Leigh between 1950-60, has spent much of his latter years Down Under lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the thirteen-a-side game. Since emigrating in the late sixties, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales, and Sydney have all come under his influence, often with spectacular results. Bert’s credentials are impeccable. Last summer, he achieved the highest accolade in Australia: his grade 3 certificate personally signed by the then Australian league chairman Kevin Humphreys and the director of coaching, Peter Corcoran. Three years earlier, Bert has sailed through his grade 1 and 2 with flying colors. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before emigrating to Australia, has spent a lot of his time heavily involved with Rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. He was awarded a coaching accreditation by the Australian Institute of Sport, Department of Sport and Recreation NSW, and the NSW Rugby League for administration as well as national coaching certificates in both Britain and Australia—one of only a handful of people to do so. Eventually, the offer of a job in Sydney came: to coach the premiership glamorous club Eastern Suburbs. The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for

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the context of Anglo-Australian nationalist discourse, and becomes most emphasised when reporting on aspects of ‘racial and cultural’ explanations of Indigenous sporting excellence and failures associated anomalous behaviour. This book investigates the many ways that Indigenous Australians have engaged with Australian sports and the racial and cultural readings that have been associated with these engagements. Questions concerning the importance that sports play in constructions of Australian indigeneities and the extent to which these have been maintained as marginal to Australian national identity are the central critical themes of this book. This book was published as a special issue of Sport in Society. The most effective coaches understand the fundamentals of sport psychology, which include interacting effectively with athletes, creating the optimal environment, assessing the psychological needs of their athletes, and providing them with the mental training required to maximise performance. Fully revised and updated, the third edition of Psychology in Sports Coaching clearly and accessibly introduces the principles and practice of sport psychology in the context of the coaching process. Drawing on the very latest research and theory, the book introduces the psychological tools and techniques that coaches can use to get the best performances out of their athletes. Including three new chapters on the constraints approach to assessing psychological needs, mental imagery, managing perfectionism tendencies, and mentoring leaders, the book also offers step-by-step guidance on key topics such as: Assessing the needs of athletes Facilitating awareness through goal setting and performance profiling Coaching specialist populations effectively (e.g. children, adolescents, adults and athletes with learning disabilities) Reducing favourable attitudes towards doping Developing effective coach-athlete relationships Reducing choking under pressure Mindfulness techniques Mental imagery Every chapter contains useful features to aid learning and understanding, including in-depth case studies, critical thinking questions, clear and concise summaries, and practice exam questions. Psychology in Sports Coaching is essential reading for any student of sports coaching, or any practising coach looking to extend and develop their skills, and useful applied reading for students of sport psychology. Coaches, practitioners and medical staff working in the worldwide sport of rugby will frequently apply scientific principles to their programmes to inform the practice, performance, health, well-being and development of their athletes. This book explores the scientific principles underpinning the preparation and management of rugby players in both codes and modified versions of the sport. Applied examples are also provided throughout to understand the practical application of the material in a real-world context. This new edition of The Science of Rugby offers a significant contribution to the field of rugby science that will act as a useful resource to scientists, coaches, practitioners and students interested in rugby. New chapters and key topics include: • Physical and psychological preparation for rugby • Planning and monitoring of training • Managing fatigue, recovery and nutrition • Effects of different environmental conditions and travel on performance • The mechanics of rugby techniques and injury • Young

players and talent identification • Considerations for training the female rugby player • Modified rugby, including rugby sevens, touch, tag and wheelchair rugby No other book bridges the gap between theory and applied practice in rugby, from grass roots to elite international standard, and therefore this is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game. Banks has told his story in a raw and honest autobiography. It is the best true crime book published in Australia in a decade.' -John Silvester, Crime Reporter for The Age Undercover was like guerrilla warfare; to understand your enemy, you had to walk amongst them, to become them. The trick was to keep an eye on that important line between who you were and who you were pretending to be. This is the true story of Keith Banks, one of Queensland's most decorated police officers, and his journey into the world of drugs as an undercover operative in the 1980s. In an era of corruption, often alone and with no backup, he and other undercover cops quickly learned to blend into the drug scene, smoking dope and drinking with targets, buying drugs and then having dealers arrested. Very quickly, the lines between his identity as a police officer and the life he pretended to be part of became blurred. This is a raw and confronting story of undercover cops who all became casualties of that era, some more than others, when not everyone with a badge could be trusted. Lifer Charlie Bronson's reputation precedes him - 'Britain's most violent prisoner' - or does it? Do we really know the true Charlie, or are our impressions the result of media hype? Well, what is in no doubt is that Loonyology is 200% Bronson and will transport the reader on the dizziest no-holds-barred roller-coaster ride of their lives, from suspense and shock to laughter and tears, and from Bronson the 'Solitary King' to Bronson the Philosopher, the Poet, the Artist, the Author, the Joker, the Walking Scar and the Freedom Fighter. Now 55 years old, and having spent most of his last 34 years as a maximum security 'Bronco Zoo' inmate, he's a much wiser man as he looks back on his crazy journey of unpredictable behaviour, his ever-alert mind darting from reminiscences of his teenage years to memories of fellow-cons, the screws, the cranks, letters and news reports, prison life and procedures, and the overall madness ('loonyology') of the legal and penal systems, peppering his stories with diary entries, true gems of information, sound advice and hilarious one-liners. Together with his many supporters and with the aid of a top lawyer, Charlie is campaigning for the parole board to finally allow him his freedom, but begging is not his style: he calls a spade a spade and is determined to win with dignity, fighting with his pen and his brain to achieve his aim of a life outside 'the cage'. In his words: "I chose to be a villain. I'm not proud of it, nor am I ashamed of it. I have paid my debt to society and it's time to go home." The process of talent development (TD) is essential to success in any sport. Drawing on the latest evidence and a considerable experience base, the second edition of this book dispels myths about talent development and offers practical advice on the TD pathway from pre-school to elite level. Aimed at practitioners and other stakeholders involved in the TD process - including coaches, scientists, administrators, educators, students, parents, policymakers

and senior development athletes - this is an up-to-date practical guide to TD in sport. Written by experts with more than 20 years of experience in TD training, coaching and research, it covers key topics from deliberate practice and fundamental movement skills to designing and managing a TD pathway. It also includes contributions from professionals working in a wide range of sports, providing real-world insights into important topics including: the recruitment process, academy and apprenticeship preparation, the coach-athlete relationship, what to do to stay ahead, and considerations for parents and coaches. Talent Development: A Practitioner and Parents Guide is an indispensable resource for all those interested in talent identification, talent development and coaching practice in elite sport. The Holcroft saga is a rugby story the like of which may never have been equaled in the history of the game. It begins over a century ago, when Mr. George Holcroft took charge of Leigh St. Peters RLFC in 1889. He married; and when his family grew, Jack, Harry, William, and Tom all played for local teams. They married, and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of rugby all his life. He holds coaching certificates from both the Australian and British governing bodies—one of only a handful of men to achieve such an honor in the game's history. For twenty odd years, Bert Holcroft has had one of the unlikeliest jobs in sport—teaching Australian rugby coaches how to coach! Considering the Australian dominance in the World Rugby in recent years, that might seem par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's reemergence as a major rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one test defeat since 1978 speaks for itself. But Bert's reputation is nationwide "down under"—quite simply, he's one of the best in the business. Bert, who played for Leigh between 1950–60, has spent much of his latter years Down Under, lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the 13, a side game. Since migrating in the late '60s, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales, and Sydney have all come under his influence—often with spectacular results. Bert's credentials are impeccable. Last summer, he achieved the highest accolade in Australia—his grade 3 certificate personally signed by the then Australian league chairman Kevin Humphreys and the director of coaching, Peter Corcoran. Three years earlier, Bert has sailed through his grade 1 and 2 with flying colors. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before immigrating to Australia, has spent a lot of his time heavily involved with rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. He was awarded coaching accreditation by the Australian Institute of Sport, Department of Sport and Recreation, New South Wales, and the NSW Rugby League for administration, as well as national coaching

certificates in both Britain and Australia—being one of only a handful of people to do so. Eventually, the offer of a job in Sydney came—to coach Premiership glamorous club, Eastern Suburbs. The essence of A Coach's Journey is to discuss lessons from leadership, conflict and the challenges of elite coaching and to present my learnings from those experiences. Considered typical norms of professional coaching will challenge the reader as I reflect on real career experiences in professional coaching. Success and failure are discussed as consequences of far-reaching emotional responses that have impacted my personal and professional well-being. This is a "warts and all" look at key moments, actions and associated misgivings of decisions. Those coach decisions have been presented as critical to personal and career development, while the organisation has been challenged, on their part, in terms of their compassion and the ownership of those outcomes. Both amateur and professional coaches will benefit from this book that presents the diverse scope of coaching, applied learnings and their part in your coach development. The Young Rugby Player: Science and Application provides a comprehensive and accessible overview of the recent research behind the preparation, development and performance of the young rugby player. Each chapter concludes with key take-home messages and practical applications demonstrating how practitioners can provide evidence-informed delivery with the young rugby athlete. The book highlights how research and science can inform practice including coaching, sport science, player development and performance with the young rugby player. Each author is a world leader within their respective discipline including academics and practitioners who research and practice across youth rugby. The book includes chapters on: • Introducing the young rugby player, including topics related to growth and maturation, talent identification and development and understanding the demands of youth rugby. • Understanding and developing the young rugby player, including topics related to physical, psycho-social, technical and tactical development, alongside training practices and fatigue and recovery. • Other hot topics including nutrition, injury, concussion and injury prevention and the female young rugby player. This text is vital reading for all coaches, sport scientists, strength and conditioning coaches and all academics with an interest in the science and practical application of working with the young rugby player. The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies - one of only a handful of men to achieve such an honour in the game's history. For 20-odd years Bert Holcroft has had one of the unlikeliest jobs in sport - teaching Australian Rugby Coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to

Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's re-emergence as a major Rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one Test defeat since 1978 speaks for itself. But Bert's reputation is nation-wide "down under" - quite simply he's one of the best in the business. Bert, who played for Leigh between 1950-60, has spent much of his latter years Down Under lecturing to top-grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the 13 a side game. Since emigrating in the late 60's, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales and Sydney have all come under his influence - often with spectacular results. Bert's credentials are impeccable. Last summer, he achieved the highest accolade in Australia - his Grade Three certificate personally signed by the then Australian league chairman Kevin Humphreys and the Director of Coaching, Peter Corcoran. Three years earlier, Bert has sailed through his Grade One and Two with flying colours. In 1953, he was awarded his senior coaching certificate in England. Bert, who held a number of posts at Hilton Park before emigrating to Australia, has spent a lot of his time heavily involved with Rugby in the universities there. He became director of coaching for the University of New South Wales and later coach of the Combined Universities side. Coaching Accreditation awarded by the Australian Institute of Sport, Department of Sport and Recreation NSW and the NSW Rugby League for administration, as well as being awarded National Coaching Certificates in both Britain and Australia - one of only a handful of people to do so. Eventually the offer of a job in Sydney came - to coach Premiership glamorous club, Eastern Suburbs. The Holcroft saga, a rugby story the like of which, may never have been equalled in the history of the game. It begins over a century ago, when Mr. George Holcroft, was given charge of Leigh St. Peters R.L.F.C. in 1889. He married and when his family grew up, Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies - one of only a handful of men to achieve such an honour in the game's history. For 20-odd years Bert Holcroft has had one of the unlikeliest jobs in sport - teaching Australian Rugby Coaches how to coach! Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's re-emergence as a major

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