



# Mini and Youth Rugby: The Complete Guide for Coaches and Parents

*By Ellaine Gelman, Ian David Milligan, Dave Beal*

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**Mini and Youth Rugby: The Complete Guide for Coaches and Parents** By Ellaine Gelman, Ian David Milligan, Dave Beal

The ideal introduction to mini and youth rugby for parents and coaches, showing how young players should be properly introduced to the game of rugby. Including sections on:

- the game and the rules
- positions in rugby
- drills for passing, catching and scoring
- skills for attack
- skills for defense

This essential guide contains information on all game situations, with simple explanations of essential techniques and tactics to be learned, before moving on to more advanced explanations of the skills required of the game.

It also includes an introduction to the bigger issues away from the pitch that parents and coaches must deal with, including:

- how to develop the right ethos for a rugby team
- coaching boys versus girls
- elite player development

Accessible and practical, this book is packed full of useful coaching advice, complete with diagrams and full-colour photographs.

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### **Editorial Review**

#### Review

This guide for coaches and parents is packed with excellent advice. It explains the game's ethics, deals with accusations that rugby is unsafe, and presents a new perspective even for long time rugby fans. There are 70 pages of handy drills. Rugby World Hard on the heels of the World Cup, [this is] the ideal introduction to mini and youth rugby. School Sport

#### About the Author

**Ellaine Gelman** is the founder of Find Rugby Now and keen player.

**Ian Milligan** is a Level 2 qualified coach at Swaffham RUFC, coaching at all levels and age groups, including minis, youth, and senior sections for over 15 years.

**Dave Beal** is a level 1 coach and ELRA 2 referee at Huddersfield RFU.

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