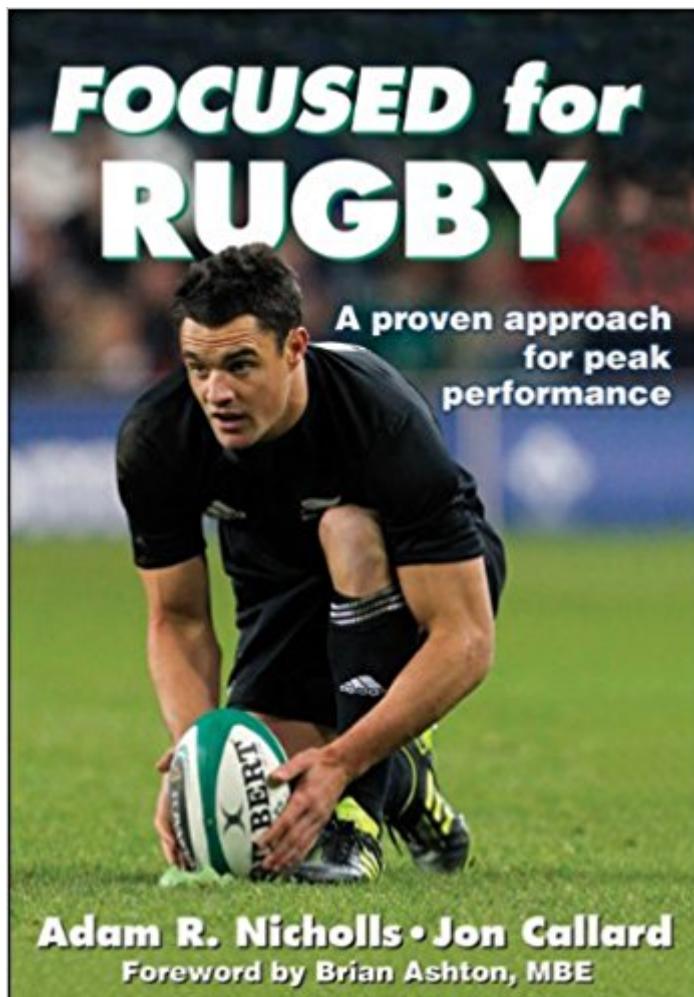


The book was found

## Focused For Rugby



## **Synopsis**

To be a complete rugby player, you must master both the physical and mental skills of the game. You must be prepared, committed and determined to succeed. You must be focusedâ "Focused for Rugby. Authors Dr. Adam Nicholls and Jon Callard, former England International player and professional coach, pool their years of experience and offer a mental training programme designed to maximise performance on the rugby field. Youâ ™ll learn instantly applicable strategies for coping with stress, building confidence, managing emotions, and leading a team. Youâ ™ll even go inside the zone so you can be at your best in even the most pressure-filled situations. Focused for Rugby is more than a psychology text; it is a training programme that will sharpen mental skills and unleash your full potential. Expert advice and step-by-step techniques will transfer directly to your game. Focused for Rugby is your complete guide to becoming a complete player.

## **Book Information**

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## **Customer Reviews**

"Focused for Rugby is a great asset for coaches at all levels of the game. It offers a coach-friendly guide toward the understanding of psychology. In particular, it teaches you how to apply the principles to both training and competition to improve your players. Just as important, the exercises provided in this book will allow you to monitor the progress of your players over the course of the rugby season." Leigh Jones--Coach Development Manager, Hong Kong RFU

Dr. Adam R. Nicholls is a sport and exercise psychologist registered with the Health Professions Council. He has been providing psychological support to professional rugby players for several

years. Additionally, Adam has published over 40 scientific papers in international journals on topics such as coping, mental toughness, and injury rehabilitation. He has also edited a book on coping in sport. Many international rugby union players "including those who have represented the British and Irish Lions, the New Zealand All Blacks, England, Wales, Ireland, Scotland, Fiji, and Hong Kong" have participated in Adam's research, which gives him a unique insight into the psychology of participating in rugby at the highest level, which he shares with other players to help them be the best they can. Adam has the skills and experience to teach rugby players and coaches the most up-to-date psychological techniques. Jon Callard landed four penalty goals that helped England beat New Zealand 15-9 at Twickenham in 1993 on his test debut. Five years later he scored all of Bath's points in the 19-18 win over Brive, which earned Bath the accolade of being the first English club to lift the Heineken Cup. Jon's coaching career dates back to 1998, when he was appointed assistant to the assistant coach at Bath, and then became head coach two years later. After that, he had a spell as Leeds Carnegie's first team coach in 2002. Jon is former physical education and science teacher at Downside, and played six times for the Barbarians from 1994 to 1997 and as a specialist fullback for Bath. His 2,087 points from 210 matches contributed hugely to Bath's triumphs, including four Twickenham cup final victories and five Courage League titles between 1990 and 1996.

This was an excellent introduction into playing the game of rugby. As a beginner of rugby I wanted to know all I could and this book gave me a solid background of knowing what to expect and how to become a solid rugger.

Excellent read for anyone wanting to achieve peak performance in their chosen field. Although the book is centred around rugby, the principles can be related to any task where performance can be enhanced. We use many of these principles with our team, and the confidence levels have improved ten-fold. There is a reason why sportsmen such as Dan Carter stand out from the rest. This book will explain many of those reasons. Brilliant read!

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