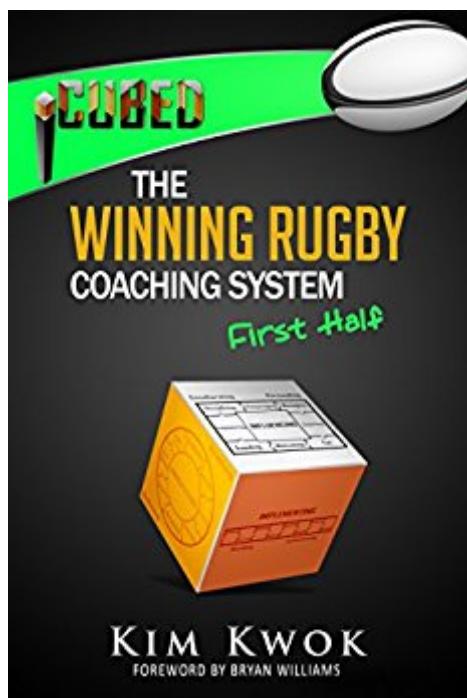


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# ICubed: The Winning Rugby Coaching System - First Half



## Synopsis

Are you doing the right thing? No matter what your level of rugby coaching, the iCubed system will equip you to answer that vital question correctly. This book will explain the details of the system. It will give you the certainty you need. The depth of detail is neither too little nor too much. The details are also simple and straight forward, and can be tailored and applied to any coach and team. So when the time comes, you will have the resources to know with confidence if you are doing the right thing. The rugby coach enjoys a special privilege and responsibility: to join together the efforts of everyone in the team in such a way that the total is greater than the sum of the parts. It is one of the most rewarding experiences in sport, and is one that everyone who is swept up in it will treasure for the rest of their lives. It is the reason they play, or assist, or support your team in the hope that someone will perform the magic. This book will tell you exactly how to make the magic happen. All Black and coaching great Bryan Williams contributed the Foreword in which he wrote, "through the iCubed system I learned something really important that I didn't know before, and others have got to know about it. All rugby coaches, players, administrators, support staff personnel, and fans of the rugby will receive new and rich insights that will transform their understanding". Even those encountering the game of rugby for the first time will understand the iCubed system with no difficulty. By the time you've finished you'll know even better than many coaches if they are doing the right thing! First Half is the first of three volumes in the iCubed: The Winning Rugby Coaching System series. The others are Second Half, which provides the big picture of how the system fits together; and Extra Time, which shows how to apply the system. Also available is the super volume, Full Match, incorporating all the material in the series.

## Book Information

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## Customer Reviews

This is a book about rugby coaching; the next level beyond drills and skills. It is written in the mould of *Lore of Running*. Tim Noakes explores the science of long distance running in *Lore of Running* by investigating the training methods of long distance running legends. In similar fashion this book tells stories of legendary rugby coaches™, matches™ rugby tours and series victories. It explores the philosophies, coaching strategies and approaches of successful rugby sides like the British and Irish Lions of 1971 and 1974; the 1937 Springboks and legendary New Zealand coaches like Fred Allan and Graeme Henry to mention but a few. What makes the book unique is the fact that it pulls all these strategies, philosophies, approaches and stories into a coaching model that can be used by rugby coaches on all levels. It is a wonderfully well written account of some of the great historical rugby moments of the last 100 years but moulded into an easy to follow practical coaching manual. It tells you how to become a successful coach by exploring what the legends have done. A must read for all rugby enthusiasts and every coach from wannabe coaching dads, to club coaches, to provincial and national and international coaches. Like all great books what you get out of this manual will depend on where ever you find yourself as a rugby supporter and rugby coach. You'll read it and the insights you'll gain will provide a new foundation which allow you to get more out of the book the next time you read it.

Part historian, part philosopher, part scientist, part coach. Kwok is certainly all Rugby. Just when you thought you might have had the bases covered and dots connected, Kwok will challenge much of what you know about coaching.

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