



# Science of Sport: Rugby

*Kevin Till*

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## **Science of Sport: Rugby** Kevin Till

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.

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