Chilliwack School District

Athletics



Game/Activity: Rugby Drills and Activities - Online

Grade Level: 6 to 12

The Rugby Site is an awesome tool for new and experienced coaches. All items are presented via video format with live drills/activities. Coaches can search specific items they would like to view. For example Set pieces, Box kicking, Decisions making around the ruck, Ball handling, etc. Sessions and information are delivered from some of the top coaches and rugby athletes. New items are added on a regular basis. I fantastic learning tool all around.

https://www.therugbysite.com/

Rugby Drills from the World's Best Coaches & Players | The Rugby Site

www.therugbysite.com

Gain access to Rugby coaching and training drills and tactics with videos and articles from the world's best coaches and players. Get inside the game!

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