

THE RUGBY LEAGUE COACHING MANUAL



PHIL LARDER

National Director
of Coaching

Rugby League Coaching Manual Book 2

Stuart Porter, Johnny Wilson



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with flying colours In 1953 he was awarded his senior coaching certificate in England Bert who held a number of posts at Hilton Park before emigrating to Australia has spent a lot of his time heavily involved with Rugby in the universities there He became director of coaching for the University of New South Wales and later coach of the Combined Universities side Coaching Accreditation awarded by the Australian Institute of Sport Department of Sport and Recreation NSW and the NSW Rugby League for administration as well as being awarded National Coaching Certificates in both Britain and Australia one of only a handful of people to do so Eventually the offer of a job in Sydney came to coach Premiership glamorous club Eastern Suburbs

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British Books in Print, 1985

NSCA's Guide to Program Design NSCA -National Strength & Conditioning Association, Margaret T. Jones, 2024-11-13 NSCA's Guide to Program Design Second Edition is the definitive resource for designing scientifically based training programs Developed by the National Strength and Conditioning Association NSCA the second edition provides the latest information and insights from the leading educators practitioners and researchers in the field Created for strength and conditioning professionals educators and candidates preparing for certification NSCA's Guide to Program Design presents an evidence based framework for athlete assessment strategies and training principles This authoritative text moves beyond the simple template presentation of program design to help readers understand the reasons and procedures for sequencing training in a safe sport specific manner In addition to programming for resistance training the book also addresses how to design training programs for power endurance agility and speed

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Australian National Bibliography: 1992 National Library of Australia, 1988

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Comprehensive Guide to Sports Physiology and Injury Management Stuart Porter, Johnny Wilson, 2020-11-13 Divided into two parts physiology and sports injury management this is an innovative clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term It also considers lower level exercise combined with the pertinent physiological processes It focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings Drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical and evidence based practice Contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives clinical tip boxes summaries case studies and Editor s commentary to critique of concepts and techniques across chapters *The Complete Guide to Sports Nutrition (9th Edition)* Anita Bean, 2022-03-03 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage What you eat and drink are important considerations when it comes to maximising your sports performance Whether you are a professional or amateur athlete or just enjoy regular workouts well chosen nutrition strategies can enhance your performance and recovery after exercise This ninth edition includes accessible guidance on the following topics Maximising endurance strength performance and recovery How to calculate your optimal energy carbohydrate and protein requirements Advice on improving body composition The most popular sports supplements Relative energy deficiency in sport RED S and eating disorders Hydration strategies to prevent hypohydration and overhydration Specific advice for masters athletes young athletes and plant based athletes Nutrition strategies to prepare for competition This fully updated and revised edition incorporates the latest cutting edge research and provides all the tools to help you reach your performance goals *The Parish Youth Club* Harold Wilson, 1963 *The Essential Guide to Women's Sleep* Dr Sarah Gilchrist, 2025-10-21 Maintaining good sleep is a crucial yet often underrated pillar of a person s wellbeing and general health Despite this there is limited guidance on how and why the various phases women experience in their lifetime may impact their quality of sleep and what can be done to improve it This practical and accessible guide for health professionals introduces the concept of female sleep health across the lifetime including key stages such as menstruation fertility working life birth perimenopause and menopause It also addresses sleep disorders pain and the impact poor sleep may have on mental health Readers will benefit from practical and detailed strategies on improving sleep guidance on sleep aides and technology and signposts to when clinical intervention is needed **Australian National Bibliography** ,1995 *Explosive Power* Bert Holcroft, Margo Holcroft, 2019-05-15 My name is Bert Holcroft and I am a world accredited northern and southern

hemisphere coach I have spent a lifetime developing specialist fitness dietary coaching and training techniques for some of the world's leading sports people in all contact sports May we offer you the opportunity to achieve the elixir of life and the fountain of youth through the power of aerobic exercise and nutritional awareness presented throughout this e book This resulted in producing Expression Futuristic Rugby Coaching Revelations book We hope that the secret revelations exposed in our book will be the catalyst to help these dreams become a reality We wish to share our expert knowledge of coaching fitness technical proficiencies plus our coaching secrets to any interested participant who is ambitious enough to attain a professional status to the highest level of international representing the country of their birth *The No-BS Guide to Workout Supplements* Michael Matthews,2013-07-07 If you want to know once and for all what is and isn't worth your money when it comes to workout supplements and the ridiculous tricks and ploys supplement companies use to convince you to waste your money on worthless junk then you want to read this book NSCA's Guide to High School Strength and Conditioning Patrick McHenry,NSCA -National Strength & Conditioning Association,Mike Nitka,2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator *Publisher and Bookseller* ,1963-07 Vols for 1871 76 1913 14 include an extra number The Christmas bookseller separately paged and not included in the consecutive numbering of the regular series

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