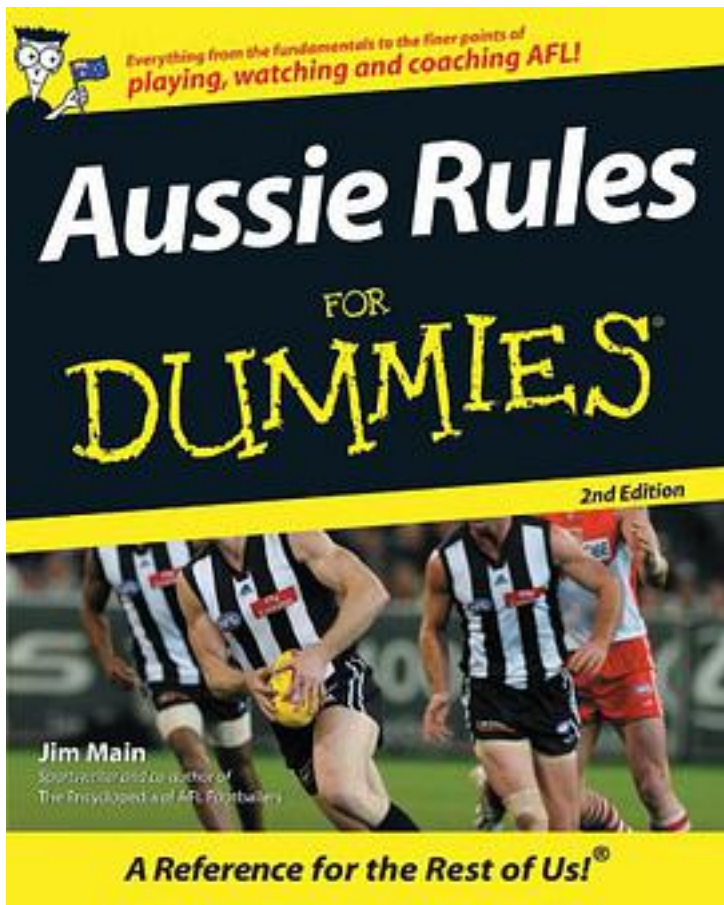


# Aussie Rules for Dummies



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Aussie rules continues to gain in popularity across Australia and is now truly our national sport. Many people are attracted to the game either as players or spectators but have trouble understanding it or developing their skills. Aussie Rules For Dummies provides all the answers. From getting a grip on the basics, to taking your game to the

next level, anyone keen to play the game well is covered. Spectators and fans are also well catered for, with detailed information on clubs and stars, the origin of the AFL, and viewing the game live and at home. Packed with practical information and fascinating anecdotes, this is an indispensable guide for players, coaches and spectators. Discover how to: Get more out of the game on or off the field Gear up correctly, and avoid and treat injuries Understand positions, umpires and scoring Coach effectively and improve your playing skills Appreciate the clubs, competitions and awards Fully updated to include all the latest rules changes and latest player stats.

作者介绍:

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