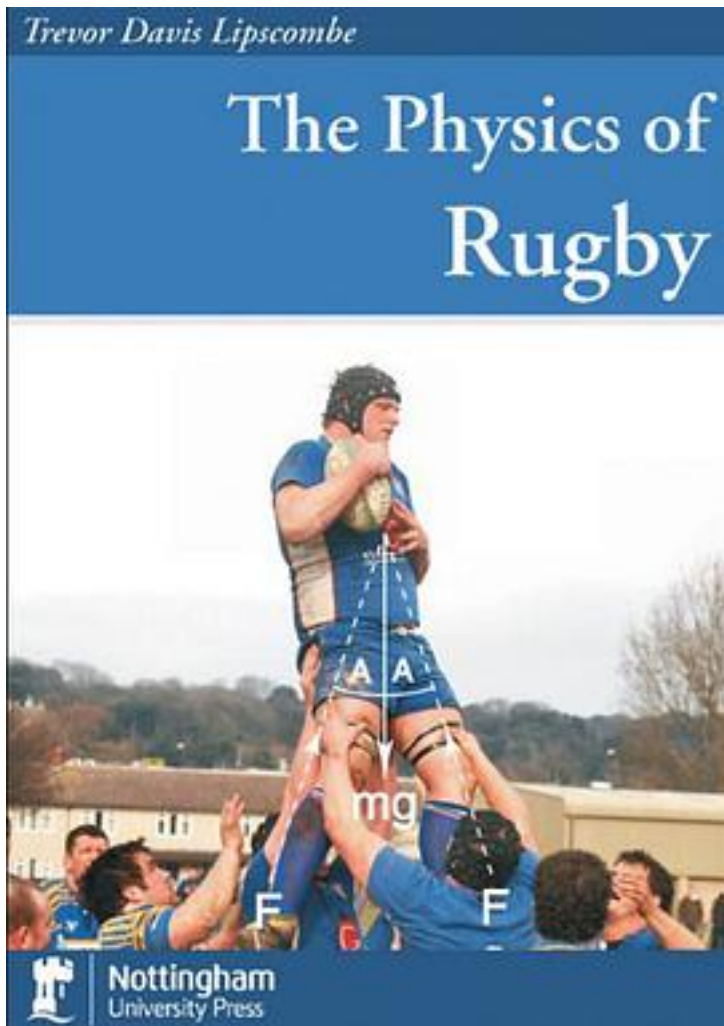


The Physics of Rugby



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Blending simple physics with anecdotes from the world of rugby, this informative

reference demonstrates how to improve rugby techniques. Tackling, passing, running, and kicking are analyzed from a scientific perspective, incorporating Newton's Laws, and then discussed in the wider context of the game. This valuable guide will not only instruct but also entertain sports-oriented students of all levels.

作者介绍:

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