

Rugby Mastery: How to Improve Your Rucking

Rucking is one of the most important skills in rugby. It's a physical and technical challenge that can make or break a game. If you want to improve your rucking, then this book is for you.



Rugby Mastery: How to Improve Your Rucking

by Starr Meade

★★★★★ 5 out of 5

Language	: English
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This book will teach you everything you need to know about rucking, from the basics to the advanced techniques. You'll learn how to:

- Get into a good rucking position
- Drive your opponents off the ball
- Secure the ball and drive it forward
- Break down the opposition's ruck

- Avoid being penalized for rucking

This book is written by a professional rugby coach with over 20 years of experience. He has coached players of all levels, from beginners to internationals. He knows what it takes to improve your rucking, and he's sharing his secrets in this book.

If you're serious about improving your rugby game, then you need to read this book. It will give you the skills and knowledge you need to dominate the ruck.

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What is rucking?

Rucking is a physical contest for possession of the ball that occurs when at least one player from each team binds onto an opponent on the ground.

The ruck starts when the ball carrier is tackled to the ground and the tackler binds onto him. Other players from both teams then join the ruck and bind onto each other. The aim of the ruck is to drive the opposition off the ball and gain possession.

Rucking is a tough and demanding skill. It requires strength, power, and technique. However, it is also a hugely important skill. A good rucking team can dominate the game and make it very difficult for the opposition to win.

How to improve your rucking

There are a number of things you can do to improve your rucking. Here are a few tips:

- **Get into a good rucking position.** The first step to rucking effectively is to get into a good position. You should bind onto the opposition player as low as possible, with your head up and your back straight. Your feet should be shoulder-width apart and your knees should be bent.
- **Drive your opponents off the ball.** Once you're in a good position, you need to start driving your opponents off the ball. This can be done by pushing with your legs and using your body weight. You should also try to get your arms around the opposition player and pull him down.
- **Secure the ball and drive it forward.** Once you've driven the opposition off the ball, you need to secure it and drive it forward. This can be done by wrapping your arms around the ball and driving your feet into the ground.
- **Break down the opposition's ruck.** If the opposition is able to form a ruck, you need to break it down. This can be done by driving into the ruck and trying to dislodge the opposition players. You can also try to grab the ball and pull it free.
- **Avoid being penalized for rucking.** There are a number of penalties that can be awarded for rucking, such as offside, not binding properly,

and collapsing the ruck. Make sure you're aware of these penalties and avoid making them.

Rucking is a complex and demanding skill, but it is also a hugely important one. By following these tips, you can improve your rucking and help your team win more games.

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