

BIBLIOTECA DEPORTIVA MUNICIPAL

CENTRO DE ESTUDIOS OLÍMPICOS DE CASTELLÓN
PATRONATO MUNICIPAL DE DEPORTES

**SI ERES TÉCNICO O TIENES INTERÉS
EN ALGUN LIBRO RECOMIENDANOS
LOS QUE CONSIDERES QUE HEMOS
DE TENER EN LA BIBLIOTECA**



**PATRONAT D'ESPORTS
CASTELLÓ**



**SI TIENES ALGUN LIBRO O REVISTA DEPORTIVOS
QUE YA NO NECESITES PUEDES DONARLOS
A LA BIBLIOTECA DEPORTIVA MUNICIPAL**

HORARIO:

Lunes a viernes
de 8.00 a 15.00
(verano de 8.15 a
13.45)

**Si necesitas otro
horario
pidenoslo.**



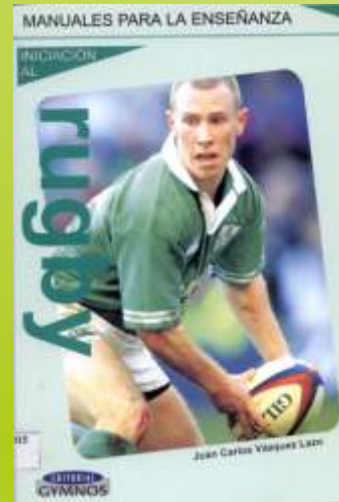
desde octubre de 2004

Libros
Videos y DVD
CD Rom
Carteles
Folleto
informativos
Revistas

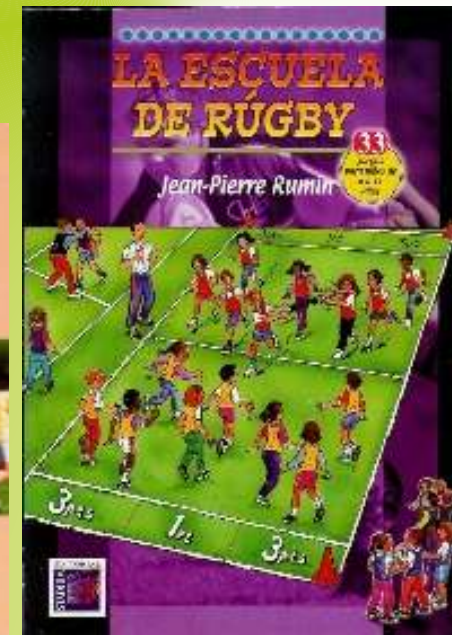
Calle Columbres, 22 - Tlf. 964236512 - Fax 964239900

email esports@castello.es ** http://www.castello.es/web30/pages/generico_web10.php?cod1=22&cod2=433

RUGBY

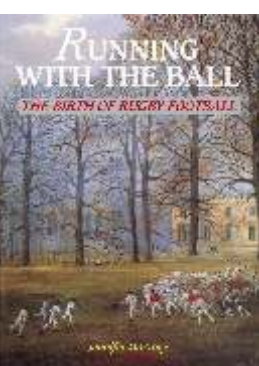
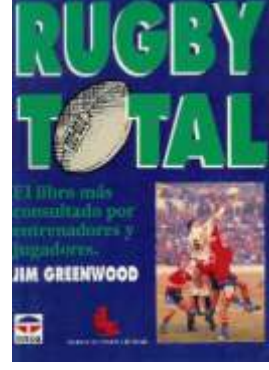
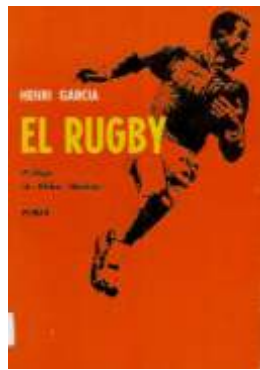
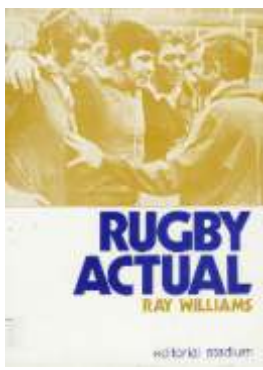


Marzo 2019



BIBLIOTECA DEPORTIVA MUNICIPAL



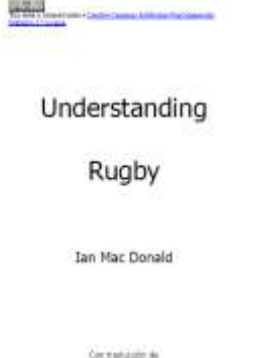
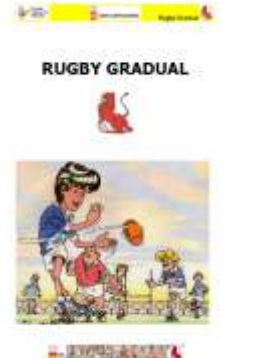
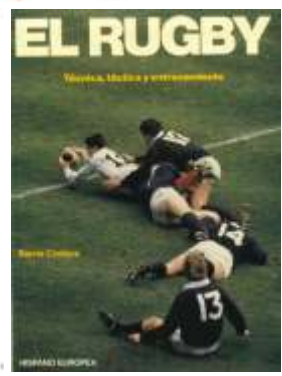
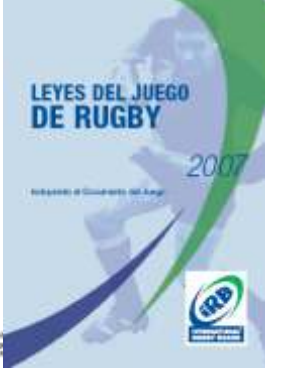
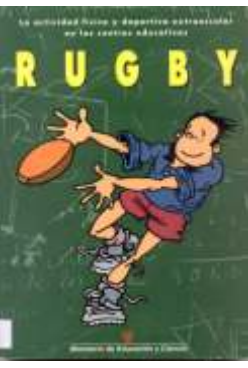


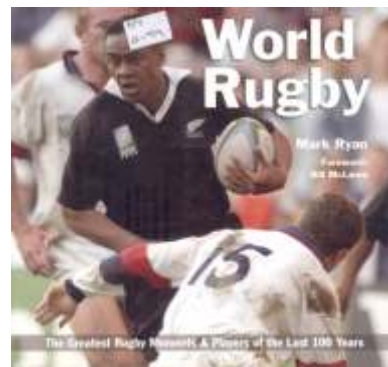
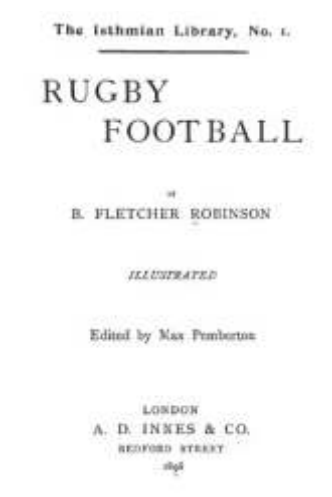
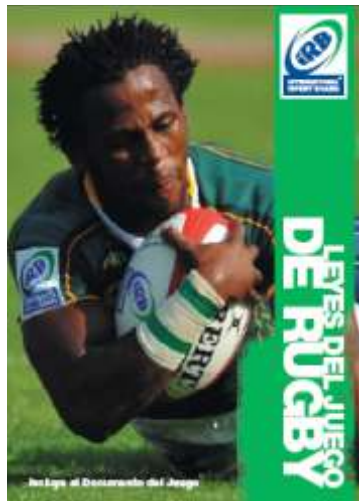
REGLAS DE RUGBY COLA - Nueva Edición - Dos tomos.
1. INTRODUCCION
El libro de 'reglas colas' es un pequeño volumen que pretende ser un manual de referencia para los jugadores y entrenadores de rugby colas.



Table with 2 columns: 'SESION' and 'OBJ.' (Objectives). It lists 10 sessions with their respective objectives and evaluation points.

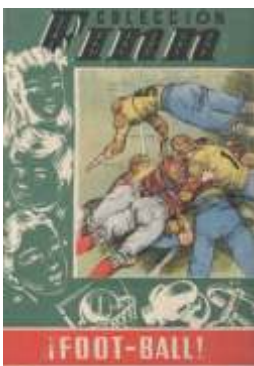
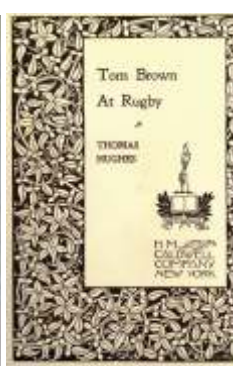
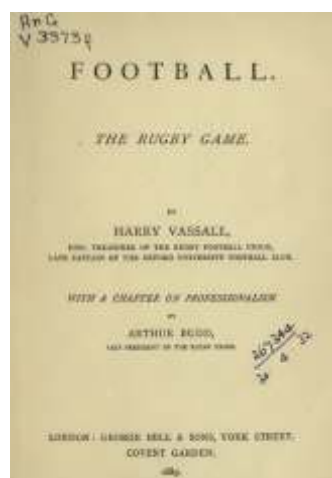




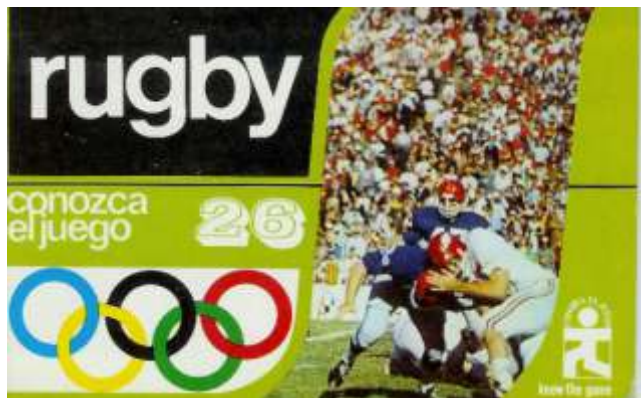
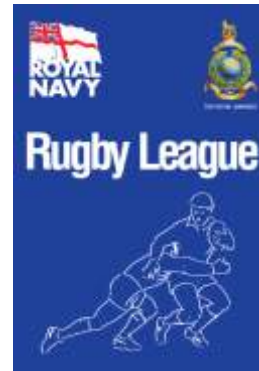
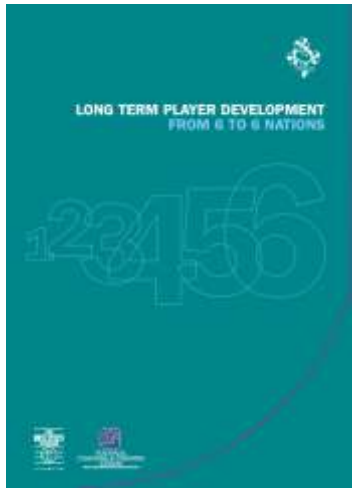
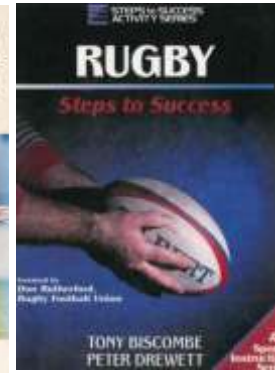
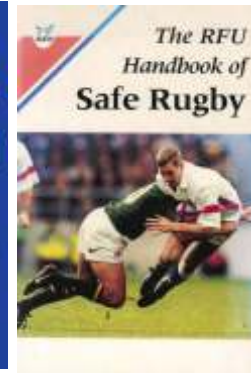
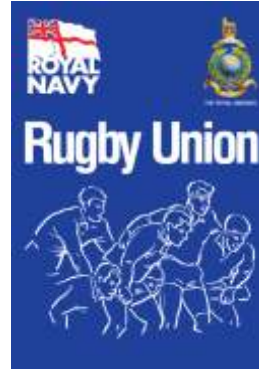
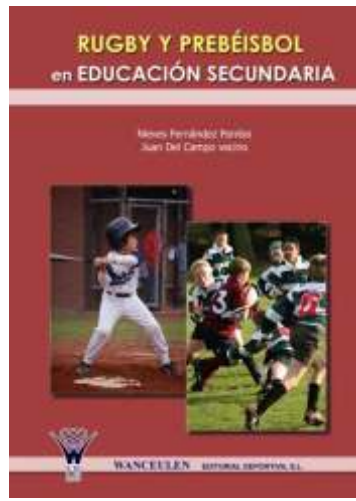
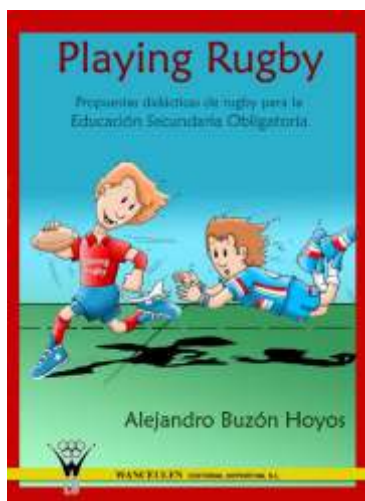


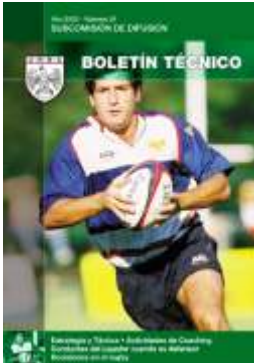
Nombre del Entrenador: _____

- Session Plan 1**
1. Warm Up Exercises
 2. Round the Clock
 3. Throw and Catch
 4. Round the Field Circle
 5. Circle Passing
 6. Passing Circle Chase
 7. 1 v 1 No-Rug Game
 8. 1 v 1 Wall
 9. 1 v 1 Wall
 10. 1 v 1 Wall
- Session Plan 2**
1. Round the Field
 2. Circle Passing
 3. Passing Circle Chase
 4. Tackle and Straps
 5. Tag Ball
 6. 1 v 1 Wall
 7. 1 v 1 Wall
 8. 1 v 1 Wall
 9. 1 v 1 Wall
 10. 1 v 1 Wall
- Session Plan 3**
1. Round the Field
 2. Circle Passing
 3. Passing Circle Chase
 4. Tackle and Straps
 5. Tag Ball
 6. 1 v 1 Wall
 7. 1 v 1 Wall
 8. 1 v 1 Wall
 9. 1 v 1 Wall
 10. 1 v 1 Wall
- Session Plan 4**
1. Pass the Ball
 2. Pass and Run Back
 3. Ball Take Drill in the Mud
 4. 1 v 1 Wall
 5. 1 v 1 Wall
 6. 1 v 1 Wall
 7. 1 v 1 Wall
 8. 1 v 1 Wall
 9. 1 v 1 Wall
 10. 1 v 1 Wall
- Session Plan 5**
1. Pass the Ball
 2. Pass and Run Back
 3. Round the Field
 4. Round the Field
 5. Round the Field
 6. Round the Field
 7. Round the Field
 8. Round the Field
 9. Round the Field
 10. Round the Field
- Session Plan 6**
1. Pass the Ball
 2. Pass and Run Back
 3. Round the Field
 4. Round the Field
 5. Round the Field
 6. Round the Field
 7. Round the Field
 8. Round the Field
 9. Round the Field
 10. Round the Field



Contents





WORLD OF RUGBY magazine cover featuring a table of contents and a photo of a rugby player.

TOTAL RUGBY magazine cover featuring a photo of a rugby player and a table of contents.

TOTAL RUGBY magazine cover featuring a photo of a rugby player and a table of contents.



