



# **iCubed: The Winning Rugby Coaching System - Extra Time**

*Kim Kwok*

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## **iCubed: The Winning Rugby Coaching System - Extra Time** Kim Kwok

What will work?

No matter what your level of rugby coaching, the iCubed system will equip you to answer that vital question correctly. This book will explain how to apply the system. It will quicken your perception, clarify your thinking, organise your planning, and direct your actions. It will work for you in every situation by applying solutions to your essential coaching problems. Yet you will find it understandable and user-friendly because it also respects your individuality and personality.

The rugby coach enjoys a special privilege and responsibility: to join together the efforts of everyone in the team in such a way that the total is greater than the sum of the parts. It is one of the most rewarding experiences in sport, and is one that everyone who is swept up in it will treasure for the rest of their lives. It is the reason they play, or assist, or support your team in the hope that someone will perform the magic. This book will tell you exactly how to make the magic happen.

All Black and coaching great Bryan Williams contributed the Foreword in which he wrote, "through the iCubed system I learned something really important that I didn't know before, and others have got to know about it. All rugby coaches, players, administrators, support staff personnel, and fans of the rugby will receive new and rich insights that will transform their understanding". Even those encountering the game of rugby for the first time will understand the iCubed system with no difficulty. By the time you've finished you'll know even better than many coaches what will work!

This Extra Time volume is the third in the iCubed: The Winning Rugby Coaching System series. The others are First Half, which reveals all the details of the system; and Second Half, which provides the big picture of how the system fits together. Also available is the super volume, Full Match, incorporating all the material in the series.

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