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# TOTAL RUGBY

FIFTEEN-MAN RUGBY FOR COACH AND PLAYER

JIM GREENWOOD

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## Foreword

Like Jim Greenwood I'm dead against the 'play-safe' approach to rugby. Let's aim to win but to win with pleasure and challenge, where well-judged risk-taking is an important feature of our game.

The book seeks to show how this philosophy can be turned into actions on the field of play, and with a playing background of 20 caps for Scotland, a Lions Tour to South Africa plus considerable teaching/coaching experience with school, college and English Regional sides it is not surprising that the author has harmoniously blended his experiences in a most scholarly and yet practical way.

*Total Rugby* is a book you will need to read carefully and one you will want to refer to regularly in order to understand not only 'how' the skills of the game are taught but the important 'clues' players should be looking for in order to make correct decisions.

It's a book well worth reading—chock full of ideas—and if it persuades even a handful of teams to change their approach and play total rugby then the author for one will, I'm sure, feel his efforts were well worthwhile.

Don RUTHERFORD  
*Rugby Football Union England and British Isles*

## Introduction

Play and games are socially and specially rooted in our culture. Our national philosophy has recognised, much more than most other nations, the contribution of play and games both to the balanced development of the young and the sensible integrated lifestyle of adults. Our educationists have consistently pointed to the cognitive, social and cultural values of play and games in child development, and our psychologists and philosophers seeking a formula for a satisfying and integrated adult lifestyle recommend a balance or harmony between aspects of our life which may be described as intellectual ('homo sapiens'), work ('homo laborans') and play ('homo ludeus'). The balance or harmony to be sought is not simply a matter of investing an equal amount of time to each of those aspects of life, but rather a problem of integrating the three appropriately in every human activity. This would mean, for example, that the play aspect of our lives must not only be an opportunity for spontaneous enjoyment but creative activity but, if it is properly to serve its purpose, it must offer challenges to man the intellectual and man the worker.

In this book Jim Greenwood has set out, as one might expect of a man with his pedigree in rugby football, a thoroughly enlightened prospectus for the 'second generation' coaches. But for me he has also produced something of equal value—a sound and sensitive philosophy for the athletic sports which is firmly based on the total needs of the athlete towards becoming an integrated, capable, stable and fulfilled person. Playing rugby football is thus revealed as an ideal environment for those suitably endowed with ability to satisfy at the same time the integrating needs of man as a thinker, as a worker and as a player. In setting out his views the author uncovers his own attitudes and behaviour as an outstanding coach and as an experienced and perceptive educator. In his own words his purpose is 'to help the player to become a complete player in so far as his physical, mental and emotional limitations allow. My job is to encourage him to enjoy and extend his abilities . . . I specifically do not want him to feel that his chief cause for self esteem is his rugby or that a bad game diminishes him as a person'. He could have added in support of his philosophy something I've heard him repeating often to players . . . 'but you've got

to work hard and intelligently if you want to be a good player'.

On the technical side *Total Rugby* represents a synthesis of the effective arts and sciences of coaching rugby football which Jim Greenwood has carefully evolved over years of analysing, experimenting and developing. I have had the great pleasure of observing and advising him teaching, advising and coaching at Loughborough which has been his 'laboratory' in recent years. In the process I have come to recognise and appreciate not only his impressive wisdom about the game, but his generous willingness to share with others his accumulated knowledge in order to advance the level of coaching for all. The publication of this book represents, in my opinion, a significant advance for rugby football coaching. The concepts, methods and materials that are included represent a resource that has so far not been available to coaches. In a sense rigorous coaching methods have come to be fully accepted only recently in rugby football compared with many of the other athletic sports, and as a result the application of sound principles and method may have lagged behind. The leeway would now seem to have been more than adequately made up, particularly with respect of Jim Greenwood's notions of 'total rugby' which may take the understanding and interpretations of the game onto a new and exciting level. It certainly deserves the most serious attention of coaches, players and administrators.

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J.E. KANE

Principal, West London Institute of Higher Education

## PART 1

# BACKGROUND TO THE GAME