

Title:

Rugby - the most strength-oriented code of football

Word Count:

380

Summary:

Rugby players are more involved in physical contact and for longer periods than players in other sports.

Strength training in rugby has tended to focus on hypertrophy or maintaining strength levels rather than on explosive power.

Keywords:

rugby, rugby strength, rugby training, football strength, explosive strength, strength training

Article Body:

Rugby players spend considerably more playing time in physical contact and contest with opponents than players in other sports.

Much of this contact involves extended grappling and wrestling, but what is also characteristic of rugby is the high level of physical strength required.

Recognition of the importance of physical strength has led to a tendency for rugby selectors to favour larger players.

No valid size comparison can be made with players in American football. Its use of specialist positions and the high level of physical strength required.

For professional rugby, players are often chosen on the basis of their size and apparent strength.

Soccer, Australian football and rugby league are continuous-flow type games, whereas rugby union is a stop-start game.

I would suggest that, given the development of very well-drilled coordinated defensive lines, the physical strength of players is becoming increasingly important.

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