



Focused for Rugby

Adam Nicholls, Jon Callard

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To be a complete rugby player, you must master both the physical and mental skills of the game. You must be prepared, committed and determined to succeed. You must be focused—*Focused for Rugby*.

Authors Dr. Adam Nicholls and Jon Callard, former England International player and professional coach, pool their years of experience and offer a mental training programme designed to maximise performance on the rugby field. You'll learn instantly applicable strategies for coping with stress, building confidence, managing emotions, and leading a team. You'll even go inside the zone so you can be at your best in even the most pressure-filled situations.

Focused for Rugby is more than a psychology text; it is a training programme that will sharpen mental skills and unleash your full potential. Expert advice and step-by-step techniques will transfer directly to your game.

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