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Rugby Sevens Guru Google Sites. Jack Gibson
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Attacking from Scrums A Kick RLCM would like to thank the following for their assistance in compiling these drills Dave Ellis Digi'' Coaching and Training Macarthur Saints Junior Rugby League

June 16th, 2018 - Coaching Points Catch amp Pass Catch 1 Put your hands up high around chin level with your palms facing your team mate with the ball 2 Spread your fingers and thumbs wide to make a nice big target'

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