

CURRENT APPROACHES TO SPORT SCIENCE SUPPORT IN RUGBY UNION

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Introduction

The All Blacks have an incredible history of success. The ingredients that lead to this success are numerous and forever changing. To ensure continued success the role of sport science has become more important. In this session, the variables that relate to performance in Rugby Union and how these influence the All Blacks sport science program will be discussed. The collection of data in football codes is easy nowadays with specific technology allowing a range of variables to be measured regularly and in the field. The use of this data in development and preparation programs will be discussed.