

The Ultimate Guide to Success in Major League Rugby

Major League Rugby (MLR) is a professional rugby union competition in North America. It was founded in 2017 and currently consists of 12 teams from the United States and Canada. The league is sanctioned by USA Rugby and Rugby Canada.

MLR is a rapidly growing league, with new teams joining each year. The league has attracted some of the best players in the world, and the level of play is increasing all the time.

This guide will provide you with everything you need to know about MLR, from the history of the league to the strategies and techniques used by the top teams. Whether you're a fan, a coach, or an aspiring player, this guide will help you to achieve success in MLR.



RUGBY FOR AMERICANS: A Detailed Guide to Success in Major League Rugby for Fans, Coaches and Aspiring Players by A B MURPHY

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The history of Major League Rugby can be traced back to the early 2000s, when a group of investors began to explore the possibility of starting a professional rugby league in the United States. In 2017, those investors founded MLR and announced that the league would begin play in 2018.

The inaugural season of MLR featured six teams: the Austin Gilgronis, Glendale Raptors, Houston SaberCats, New Orleans Gold, San Diego Legion, and Seattle Seawolves. The league expanded to seven teams in 2019 with the addition of the Toronto Arrows. In 2020, the league expanded to eight teams with the addition of the New York Ironworkers. In 2021, the league expanded to nine teams with the addition of the Utah Warriors. In 2022, the league expanded to 12 teams with the addition of the Dallas Jackals, LA Giltinis, and San Antonio Brahmas.

The MLR season runs from March to June. Each team plays 16 games during the regular season, with the top four teams advancing to the playoffs. The playoffs culminate in the MLR Championship Game, which is held in June.

There are currently 12 teams in Major League Rugby:

- Austin Gilgronis
- Dallas Jackals
- Glendale Raptors
- Houston SaberCats

- LA Giltinis
- New Orleans Gold
- New York Ironworkers
- San Antonio Brahmas
- San Diego Legion
- Seattle Seawolves
- Toronto Arrows
- Utah Warriors

Each team represents a different city or region of North America. The teams are divided into two conferences: the Eastern Conference and the Western Conference.

The players of Major League Rugby come from all over the world. There are players from the United States, Canada, New Zealand, Australia, South Africa, and many other countries.

The top players in MLR are some of the best rugby players in the world. They are skilled, athletic, and passionate about the game.

The coaches of Major League Rugby are responsible for leading their teams to success. They develop game plans, prepare their players for games, and make in-game decisions.

The top coaches in MLR are some of the most experienced and successful coaches in the world. They have a deep understanding of the game and know how to get the most out of their players.

The strategies and techniques used in Major League Rugby are constantly evolving. However, there are some basic principles that all successful teams follow.

One of the most important principles is to have a strong set piece. The set piece is the foundation of any rugby team. It is the scrum, the lineout, and the maul. A strong set piece will give a team a platform to build their attack from.

Another important principle is to have a balanced attack. A team cannot rely on one player or one type of attack to win games. They need to be able to score points in a variety of ways.

Finally, a successful team needs to be able to defend well. The best teams in MLR are able to keep their opponents from scoring points. They do this by tackling hard, swarming to the ball, and putting pressure on the opposition.

If you want to succeed in Major League Rugby, you need to be prepared to work hard. You need to be willing to put in the time and effort to develop your skills and knowledge of the game.

You also need to be passionate about rugby. If you don't love the game, you will not be successful.

Here are some specific tips for succeeding in Major League Rugby:

- **Develop your skills.** The best players in MLR are skilled in all aspects of the game. They can tackle, pass, kick, and run with the ball. They

also have a good understanding of the game and can make good decisions under pressure.

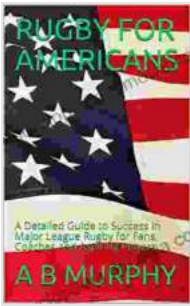
- **Study the game.** The best teams in MLR are always studying the game. They watch film, read books, and talk to coaches and players. They are always looking for ways to improve their team and their individual performance.
- **Be coachable.** The best players in MLR are coachable. They are willing to listen to their coaches and learn from them. They are also willing to make changes to their game when necessary.
- **Be a team player.** Rugby is a team sport. The best players in MLR are team players. They put the needs of the team before their own. They are willing to work hard for their teammates and they are always looking for ways to help the team win.

If you follow these tips, you will be well on your way to succeeding in Major League Rugby.

Major League Rugby is a rapidly growing league with a bright future. The league has attracted some of the best players in the world and the level of play is increasing all the time.

If you are a fan of rugby, a coach, or an aspiring player, I encourage you to check out Major League Rugby. I believe that the league has the potential to be one of the best rugby leagues in the world.

Thank you for reading!

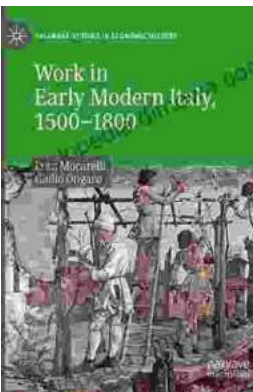


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