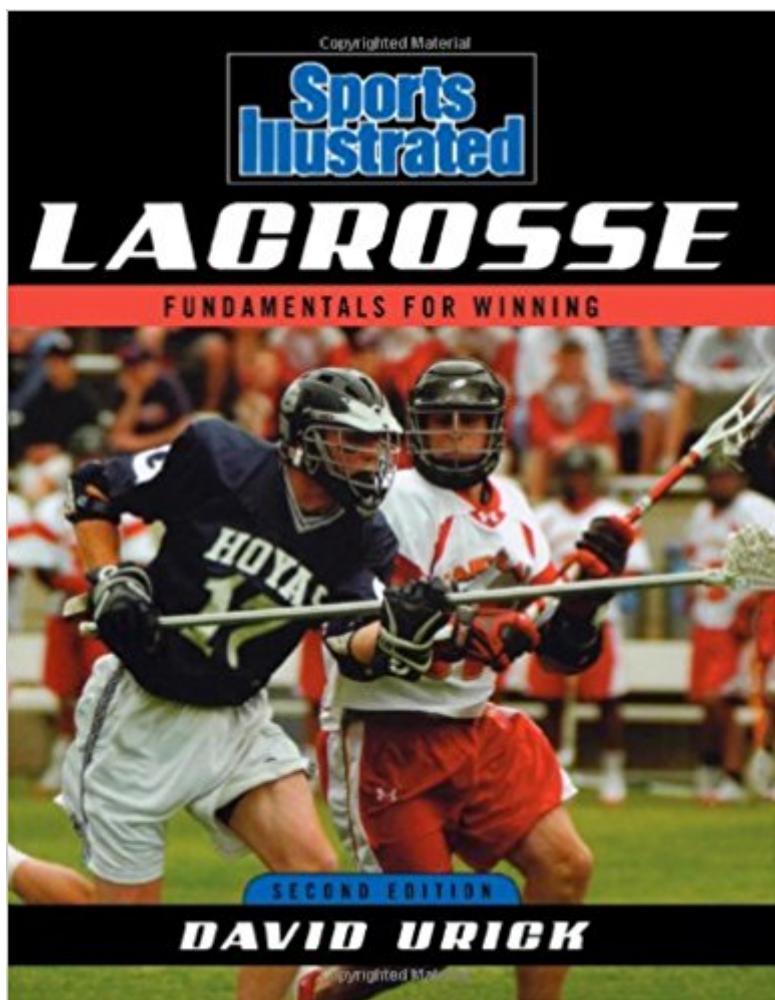


The book was found

Sports Illustrated Lacrosse: Fundamentals For Winning



Synopsis

Lacrosse, a game of speed, complexity, and nuance, is fast becoming one of the most popular sports nationwide. In this thoroughly updated edition of a Sports Illustrated bestseller ten-time national championship coach David Urick shows players and coaches the pathways to lacrosse success. With this book you can learn:Â 10 fundamental stick skills every player should knowÂ The rules of lacrosse: penalties, play, and positionsÂ How you can dodge, shoot, feed, cut, pick, and screen like a championÂ Individual defense: the art of the check and the holdÂ 15 team offensive formations and how to make them work for youÂ How your team can play quality defenseÂ 18 skills and drills for becoming a better goalieÂ Extra-man defenses, man-down-defense, fast breaks, team practice, equipment, and more!

Book Information

Series: Sports Illustrated

Paperback: 256 pages

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Product Dimensions: 7.1 x 0.5 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #641,209 in Books (See Top 100 in Books) #27 inÂ Books > Sports & Outdoors > Other Team Sports > Lacrosse

Customer Reviews

I gave this as a gift to my cousin who was starting out in high school Lacrosse. I wanted to pick something that wasn't too basic, and this book had some good details on some basics but also strategy and drills.

I had signed up for an online course in coaching lacrosse and this was the textbook that was offered. Unfortunately, the family did some housecleaning and the original text was thrown out! After careful searching, I found this replacement text online. It is the exact same one! Good book (I previously, years ago, had bought one Sports Illustrated had created on basketball when I was thrown into a situation of coaching that sport as a first year teacher-and I was a wrestler by trade).

The basketball book allowed me to finish .500 with a mismatch group of kids.

If it is in coach Danowiski's library it has to be a worthwhile addition to mine. Every lax coach can benefit from reading and referring to it

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