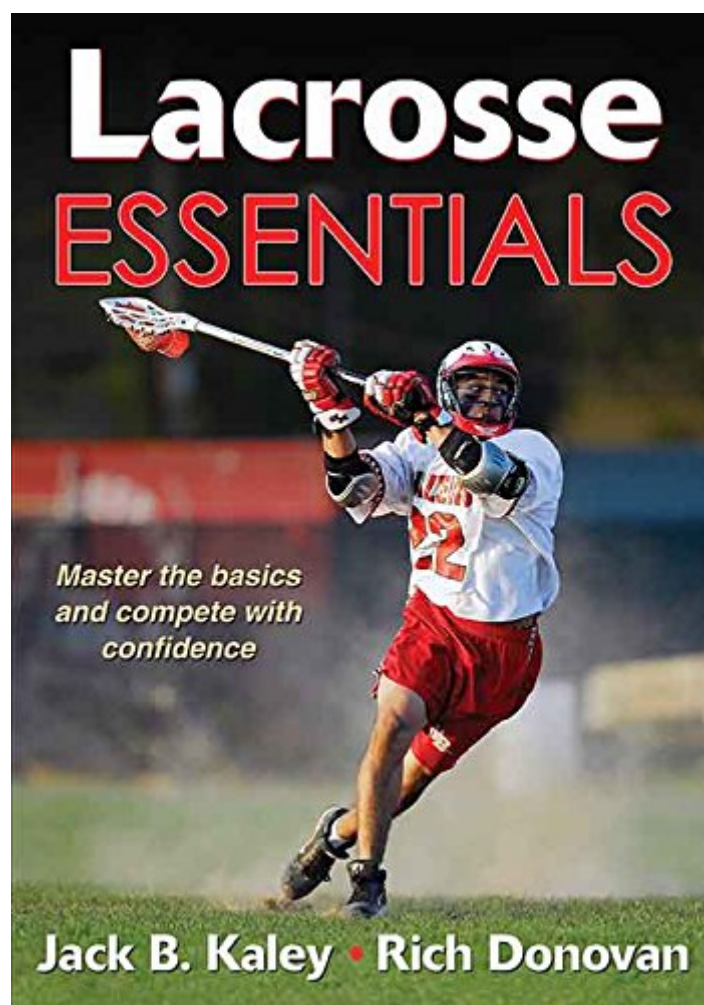


The book was found

# Lacrosse Essentials



## Synopsis

The sport's best guide, Lacrosse Essentials, provides instruction on the fundamentals that players need in order to start competing confidently. Coverage includes skills such as passing, catching, shooting, clearing, and goaltending; offensive and defensive plays; simple strategies; and plenty of drills and activities to speed learning and improve performance.

## Book Information

File Size: 7925 KB

Print Length: 219 pages

Page Numbers Source ISBN: 1450402151

Publisher: Human Kinetics; 1 edition (March 17, 2015)

Publication Date: March 17, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00UTTILYY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,068,525 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Lacrosse #107

in Books > Sports & Outdoors > Other Team Sports > Lacrosse #848 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching

## Customer Reviews

As head coach for twelve years I found a wealth of information in this text, essentials is little misleading, although this book does cover fundamentals there is tactical information on how to attack multiple zone defenses, ect. Great Stuff.

Godson is loving the book!

Good read for any coach

Great book for novice parents to read. Lot's of good information. Nothing beats actually watching a few games.

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