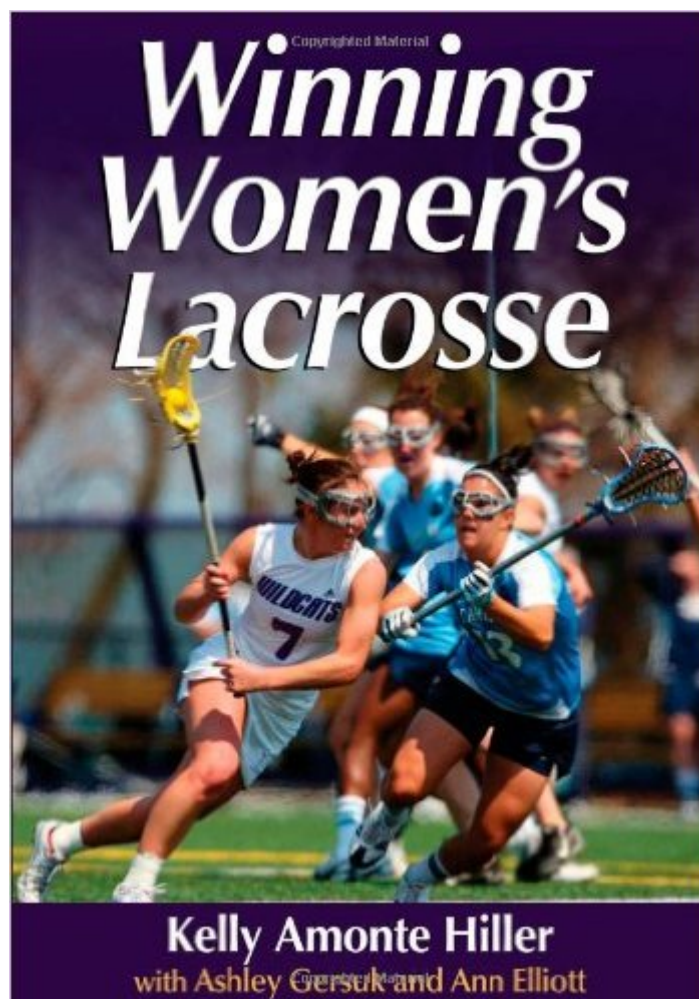


The book was found

Winning Women's Lacrosse



Synopsis

The sport's best instruction from the sport's top coach! In *Winning Women's Lacrosse*, renowned coach Kelly Amonte Hiller shares the expertise that has developed some of the game's premier players, and have made her team a perennial powerhouse on the national scene. *Winning Women's Lacrosse* covers it all. Through expert instruction, coaching tips, and one-of-a-kind insights into the sport, you'll learn to-develop the individual offensive and defensive skills of the game,-master the specialty skills of field players and goalkeepers,-train like a champion with sport-specific conditioning drills,-sharpen individual and team execution with situational drills, and-maximize potential by making the most out of practice time. Whether you're a player or a coach, *Winning Women's Lacrosse* will prepare you for success at every level. Let it be your guide to championship play. v

Book Information

Paperback: 208 pages

Publisher: Human Kinetics; Original edition (September 28, 2009)

Language: English

ISBN-10: 0736080007

ISBN-13: 978-0736080002

Product Dimensions: 6.9 x 0.6 x 9.8 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #605,942 in Books (See Top 100 in Books) #23 inÂ Books > Sports & Outdoors > Other Team Sports > Lacrosse

Customer Reviews

This is the definitive "how-to" book on lacrosse! Kelly Amonte Hiller has proven her successful coaching skills on the field, and her book is a comprehensive instructional manual on how to play her brand of winning lacrosse. Beginning with an introduction which highlights the importance of adopting a positive attitude towards the game, Amonte Hiller imparts her detailed, thorough understanding of the game of lacrosse. In a clear and concise manner, chapter by chapter, she breaks down the mechanics of the game, while providing helpful photos of specific skills, as well as diagrams to illustrate her instruction. The format includes both individual and team development skills, and concludes with specific drills to effectively master the game. This is a book which will provide comprehensive instruction for the novice coach and player, as well as help fine-tune the

skills of an experienced coach and advanced player. Its approach is simultaneously analytical and user-friendly. A "must-read" for any player or coach looking to improve their game.

I wish I had bought this book when my daughter first started playing lacrosse two years ago, and it should be mandatory reading for any girls lacrosse coaches, at least below the high school level (and maybe at that level too). Yes, you can get info other places, but this puts it all in one place. It was so good that I also bought the Amonte video on the basics, which is a great supplement to the book although much more expensive.

Excellent book. It is a must have for every womens lacrosse coach's library. It's clear, and concise while packed with valuable information. I would suggest re-reading it in a year. While I have coached before and knew 90% of the information in the book, it was still an invaluable tool as I took a hard look at my team and our preparation for the upcoming season.

I have been coaching women's lacrosse for 14 years and this book still offered drills and practice schedule that I could use. It is a great book for new coaches to women's lacrosse.

what a powerful tool for every coach, player, and student of the game of Womens Lacrosse. The authors do a phenomenal job of laying out the basics to the cutting edge skills one needs to coach and/or be a champion lacrosse player!

I am a first time coach at the varsity level. I played in High School but needed a refresher of the rules and concepts. This book was wonderful and very practical. I felt that I did not need another resource. The end of the book has practice layouts as well as drills. High Recommend

[Download to continue reading...](#)

Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) How to Play Lacrosse: Learn How You Can Quickly & Easily Master Playing Lacrosse The Right Way Even If You're a Beginner, This New & Simple to Follow Guide Teaches You How Without Failing Winning Women's Lacrosse Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Sports Illustrated Lacrosse: Fundamentals for Winning Lacrosse: Fundamentals for Winning (Sports Illustrated Winner's Circle Books) Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) Carl Runk's Coaching Lacrosse:

Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Women's Lacrosse: A Guide for Advanced Players and Coaches An Introduction to Women's Lacrosse Blackjack Strategy: Winning at Blackjack: Tips and Strategies for winning and dominating at the casino Winning Chess Strategies (Winning Chess Series) Craps: A Winning Strategy: A Guide to Winning Casino Craps Consistently Winning The Lottery: Revealed! Proven Tips, Techniques, and Strategies on How to Win the Lottery (Lotteries, Probabilities, Statistics) (Winning the Lottery, Lotteries, Probabilities, Statistics) Poker: Successful Poker Habits & Best Practices For Consistently Winning Low Stakes Tournaments & Home Games (Texas Hold'em, Simple Poker Maths, Winning Strategies, Poker Tournaments) Women Helping Women: A Biblical Guide to Major Issues Women Face Texting Women: 7 Simple Steps From Text to Sex (Flirty Texts, Texting Girls, How To Text Girls, Art Seduction, How to Seduce a Woman, Funny Text, Pick Up Women, Funny Pick Up Lines, Picking Up Women) World War 2 History's 10 Most Incredible Women: World War II True Accounts Of Remarkable Women Heroes (WWII history, WW2, War books, world war 2 books, war history, World war 2 women) Attract Women: Inside Her (Mind): Secrets of the Female Psyche to Attract Women, Keep Them Seduced, and Bulletproof Your Relationship (Dating Advice for Men to Attract Women) Jake Jennings: Lacrosse Goalie

[Dmca](#)