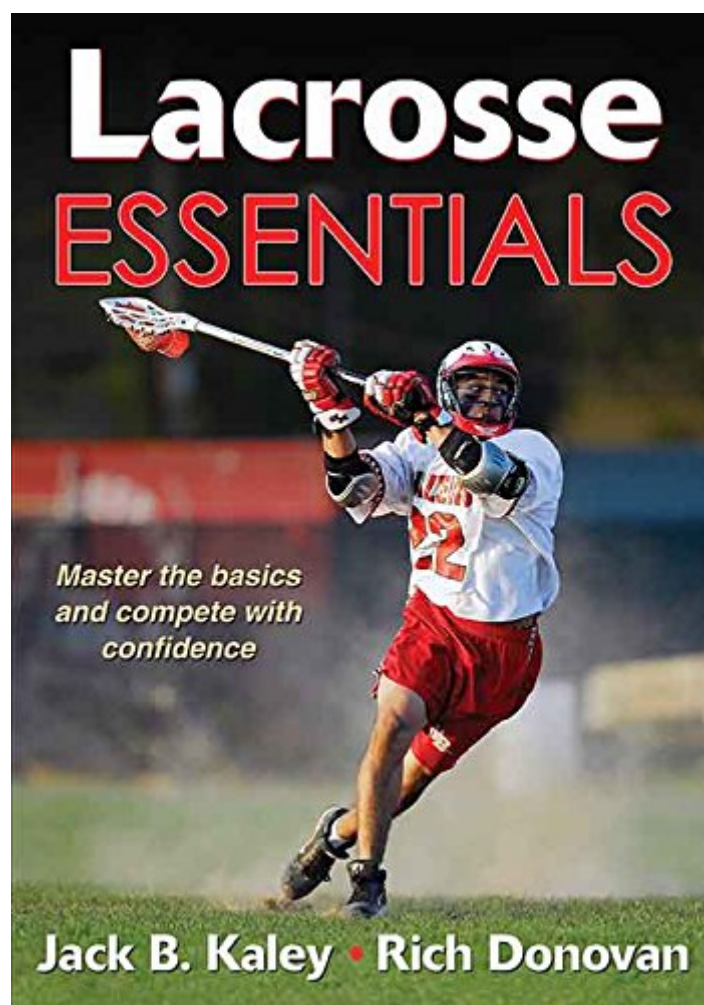


The book was found

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

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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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