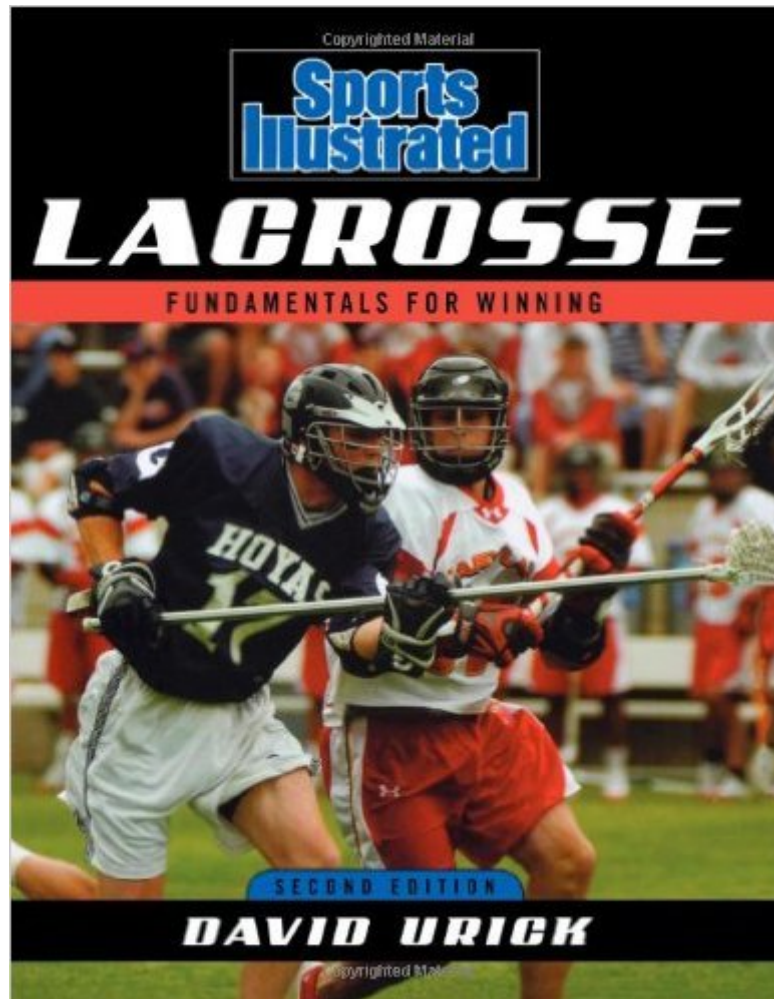


The book was found

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: 10 fundamental stick skills every player should know The rules of lacrosse: penalties, play, and positions How you can dodge, shoot, feed, cut, pick, and screen like a champion Individual defense: the art of the check and the hold 15 team offensive formations and how to make them work for you How your team can play quality defense 18 skills and drills for becoming a better goalie Extra-man defenses, man-down-defense, fast breaks, team practice, equipment, and more!

Book Information

Series: Sports Illustrated

Paperback: 256 pages

Publisher: Taylor Trade Publishing; 2 edition (March 13, 2008)

Language: English

ISBN-10: 1589793447

ISBN-13: 978-1589793446

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 stars See all reviews (6 customer reviews)

Best Sellers Rank: #641,209 in Books (See Top 100 in Books) #27 in 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 Danowski's library it has to be a worthwhile addition to mine. Every lax coach can benefit from reading and referring to it

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

Sports Illustrated Lacrosse: Fundamentals for Winning Lacrosse: Fundamentals for Winning (Sports Illustrated Winner's Circle Books) Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) 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 SPORTS ILLUSTRATED--MIAMI HEAT 2012 CHAMPIONS--COMMEMORATIVE ISSUE (Sports Illustrated) Sports Illustrated Squash (Sports Illustrated Library) 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 Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Winning Women's Lacrosse 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 Racquetball: Strategies for Winning (Sports Illustrated) Men's Lacrosse in Maryland: (Sports) Bowling Fundamentals (Sports Fundamentals) Tennis Fundamentals (Sports Fundamentals) Volleyball Fundamentals (Sports Fundamentals) Racquetball Fundamentals (Sports Fundamentals)

[Dmca](#)