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The Commandments Of Lacrosse

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50 Rules to follow to
make yourself a
better teammate
and player of the
game!

David Gardner



Synopsis

The Commandments of Lacrosse are 50 rules and practices that players should follow to become a better teammate and player of the game of lacrosse. These simple to follow techniques and related skills will be enjoyed and beneficial to players, coaches, parents, officials and fans of lacrosse.

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Customer Reviews

A very simplistic but useful approach for a young lacrosse player. Based on the reaction of the recipient and his family, it was a good gift to receive and to take some lessons from its pages.

Good book, kind of short and some of the things your coach tells you about twice a day good overall

Perfect gift for a Lax bro.

nice gift

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