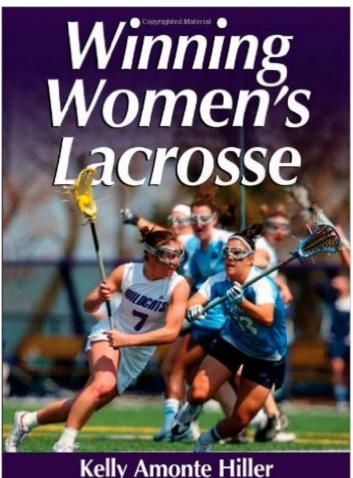
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# Winning Women's Lacrosse



Kelly Amonte Hiller with Ashley Gersek and Ann Elliott



## 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 See all reviews (12 customer reviews) Best Sellers Rank: #605,942 in Books (See Top 100 in Books) #23 in 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 insructional 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

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