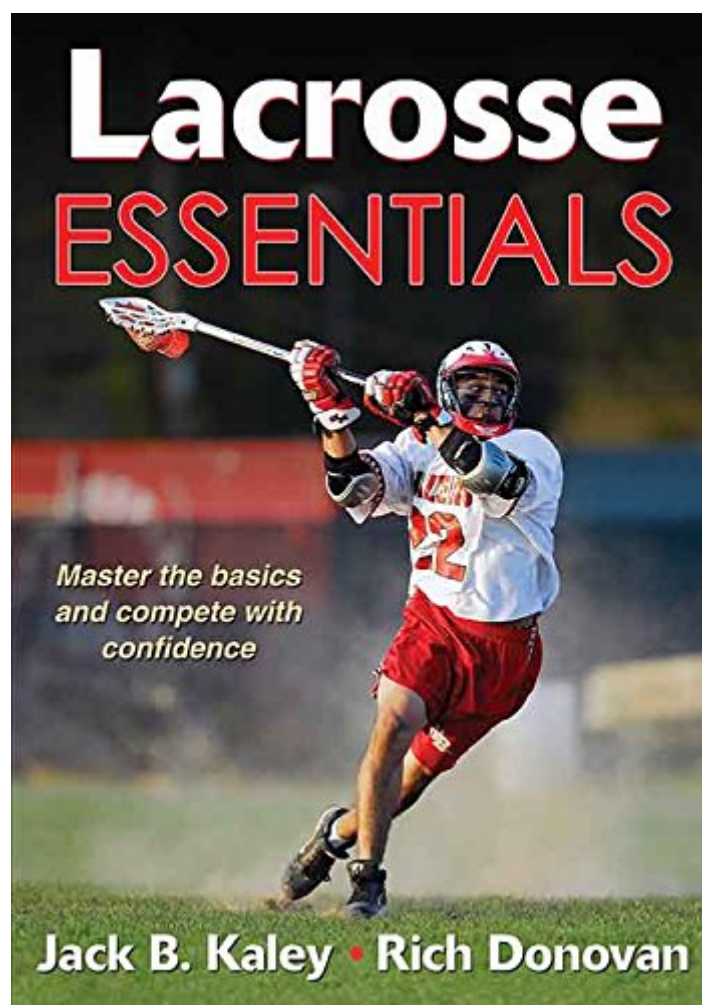


The book was found

# 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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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 Lacrosse Essentials Modern Essentials Bundle - Modern Essentials \*7th Edition\* a Contemporary Guide to the Therapeutic Use of Essential Oils, an Intro to Modern Essentials, Reference Card, and Aroma Designs Bookmark Prepper Essentials: Prepper Essentials What Every Survivalist Needs To Know When Building The Ultimate SHTF Stockpile (Survival Handbook, DIY, Emergency ... Essentials Books, Emergency Prepared) Jake Jennings: Lacrosse Goalie Flamethrowers - Guardians of the game: A lacrosse story An Introduction to Major League Lacrosse Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie 2016 NFHS Boys Lacrosse Rules Book The Price of Silence: The Duke Lacrosse Scandal, the Power of the Elite, and the Corruption of Our Great Universities Lacrosse For Dummies Lacrosse Legends of the First Americans Lacrosse: Technique and Tradition, The Second Edition of the Bob Scott Classic Winning Women's Lacrosse Until Proven Innocent: Political Correctness and the Shameful Injustices of the Duke Lacrosse Rape Case Complete Conditioning for Lacrosse It's Not About the Truth: The Untold Story of the Duke Lacrosse Case and the Lives It Shattered It's Not About the Truth: The Untold Story of the Duke Lacrosse Rape Case and the Lives It Shattered Women's Lacrosse: A Guide for Advanced Players and Coaches

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