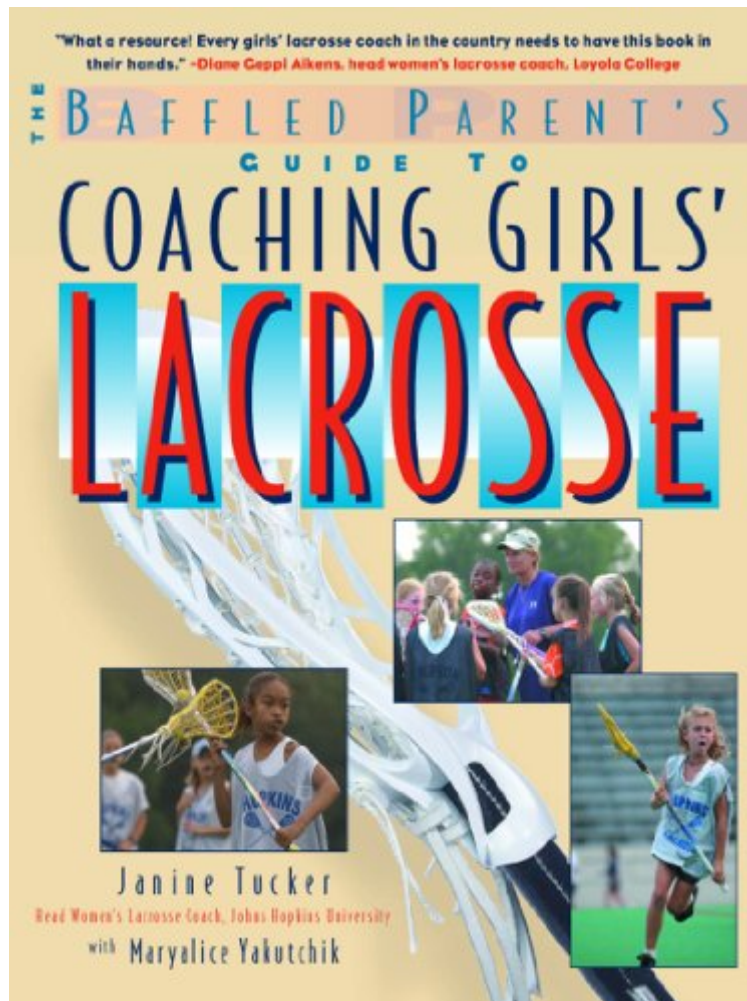


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# The Baffled Parent's Guide To Coaching Girls' Lacrosse (Baffled Parent's Guides)



## Synopsis

Lacrosse is one of the nation's fastest-growing youth sports, and the girls' game is overtaking the boys'. Played with different rules and tactics, girls' lacrosse requires its own specialized guidebook. Friendly and encouraging, *Coaching Girls' Lacrosse* is the first book to provide the fundamentals every unprepared parent needs to teach and motivate a team of 6- to 12-year-olds.

## Book Information

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## Customer Reviews

This book is perfect for coaches and players who are new to the game of girls'/women's Lacrosse. Several years ago, when I was recruited to coach my daughter's youth league team, I searched high and low for a book, such as this one, covering the girls' game. I found plenty of books for boy's Lacrosse and a few that had a chapter or two covering girls' Lacrosse. Often, these books covered very outdated techniques and methods. Bottom line, there was no comprehensive guide for teaching and developing young girls into well-rounded Lacrosse players. Coach Tucker's book is a great guide for dad's like me who have men's Lacrosse experience, beginning coaches, new players, and, of course, baffled parents. My favorite section covers the suggested drills. Each drill is clearly defined and well diagramed. She also provides great advice for managing practice and keeping the girls involved and excited about playing lacrosse. I plan to implement many of her

suggestions into my practices. A must read for coaches and parents who are interested in developing technically sound players who love the game of girls' Lacrosse.

This is an excellent tool for getting a better understanding on how to support and help my daughter improve in lacrosse. I wanted to play an active role by getting the book as well as equipment for both of us. Now we toss the ball to each other and practice what we've read in the book. She's definitely getting better.

I have just started the season, but I must say, this book has been fantastic so far in helping me prep for the season and prepare meaningful practices. Relatively well written and concise with plenty of practice drills for individuals, small groups, and full team. I believe this would work for almost all age levels up to collegiate.

Great for those new to coaching. It gives good general overviews of bigger concepts and breaks it down to more in depth ideas. Has sections for specific drills (easy to complex). The one thing this book can't magically improve is skill; that comes with time spent with the ball in stick!

This is a great book. My fiance played in college and recently started coaching at the college level. I knew nothing about the sport and this book saved me! Between reading this and going to all of the home games, I was running the clock by the end of the season. I highly recommend this book to anyone just getting into the sport.

My daughters' team needed an assistant coach, I volunteered. Then the head coach was injured and they needed a new head coach, I volunteered. All this happened in less than 24 hours. Having never played lacrosse, I was mortified. I turned to and found this book. Another coach recommended it and I bought it hardcopy and read it cover to cover. I then got the kindle version to use with my iPad during practices. The title of the book says it all. This book explained what I needed to know and how to set up my practices and what to emphasize. My assistant coach downloaded it too so we would be on the same page with respect to the drills we would be running. I can't imagine this endeavor without this book as a guide.

I have used the drills in this book to coach all levels of the women's game. From junior ball, to high school, and even college club there are drills for all. The drills are extremely easy to understand and

explained well. The best part is that they have a "rating" next to each so that you know if you're dealing with a drill for beginners or more advanced players (which is such a help when dealing with the junior and hs level). I have recommended this book for years and will continue to do so.

My 10 year old just got into lacrosse this fall. I knew nothing about the game. This book is great. Considering my coaching history I am sure I will be suckered into coaching in the youth program. This book is of great benefit for this.

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