The book was found

Lacrosse For Dummies





DOWNLOAD EBOOK

Synopsis

Lacrosse For Dummies is the ultimate guide for fans and players of this rapidly growing sport alike. The book offers everything the beginning player needs to know, from the necessary equipment to the basic rules of the game, with explanations of the women's game and the indoor game, too. It also offers a wealth of information for the experienced player, including winning offensive and defensive strategies, along with skill-building exercises and drills. Finally, there's information on how armchair lacrosse players can get their fix of the sport on television, online, on in print.

Book Information

File Size: 1275 KB Print Length: 360 pages Publisher: For Dummies; 2 edition (March 8, 2010) Publication Date: March 8, 2010 Sold by:Â Digital Services LLC Language: English ASIN: B003D87PEK Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #549,340 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Lacrosse #40 in Books > Sports & Outdoors > Other Team Sports > Lacrosse

Customer Reviews

The first book was more for indoor lacrosse but the 2nd edition is far more.I am a current player, and give this book a good big 5. Lacrosse for Dummies 2nd Edition is a great book for when you don't know a specific term or technique, you can just basically flip open a book and turn to the page for an excellent explanation. This book goes over not only the mens, but also the girls and the box game.It is also a MUST read for any coach because it comes with many drills and plays along with specific techniques to teach the developing, intermediate, and the advanced player.The 2nd edition is a COMPLETELY different book, everyone should disregard the old reviews.

I'm a senior athlete who now plays baseball and once played football, soccer, and basketball, as well as some other occasional sports such as tennis and golf. This book was helpful to me when my daughter took up lacrosse in high school. I wanted to understand what was going on when she practiced and in games. It's still foreign, but I understand the basics of the game and the tactics now.

My sons and daughter play lacrosse. I never heard of the sport before moving to New England. I bought this book in the hopes that if I understood it more, maybe I would have a better attitude towards the sport. This book was only sort of informative. The book is also old - from 2005, and this sport at all levels has developed passed what was covered. I would have preferred the book be organized or "rotated" differently because it was hard to follow. The game rules really needed a grid-comparison between the various youth-levels and by gender. There are many useless statements, paragraphs, and commentary throughout the book that are merely filler.Questions I still had after reading the book include* What is the normal lacrosse season* How many games are played* What is the standard/expected practice schedule* Exactly what are the details to look for in equipment* Still did not understand the types of positions or plays* Still did not understand how all the penalties work, when they are called, on who, and how much license or league variations are expectedIf would recommend finding a different book than this.

The new edition of Lacrosse for Dummies was as interesting as it was informative. It is not to be confused with the first edition that focused on box lacrosse. The new edition has it all, but mostly spotlights the more popular field game. There is a good mix of instructional info (the chapter on faceoffs/groundballs/rides/clears was especially outstanding) but there is also plenty on the history of the game and how it has grown to become so popular. There are alot of good anecdotes and tips from college and pro players. I especially liked the info at the back of the book which included a listing of 10 of the best players of all time as well as media outlets that cover the sport, including websites. The new edition is a must for both longtime fans and followers as well as newcomers to the game.

This is a great resource for people who want to know more about the game. Our son started playing and I had many questions. It was not easy for me to follow all of the intricate rules. A coach recommended this book to me. It is basic. It is not a book I would read cover to cover but it has information for both boys and girls LAX. This book left no stone unturned when it comes to lacrosse. It had plays, strategy, rules and background on the history of the game and why it's so popular. It's a must for laxheads as well as those new to the game.

We got this for my father in law b/c he kept complaining that he was having too much trouble following my daughter's games. This seems to have done the trick, he's much more interested in the action and less in yelling at the refs.

I found "Lacrosse for Dummies" to be not only informative, but interesting, as well.I bought it to gain more knowledge about the sport, as it is growing so rapidly in the United States. The book did just that- and more. The format was inviting, clear, and easy to read, an important factor in today's fast-paced world. I, especially, enjoyed learning about the derivation of lacrosse. That was fascinating- something I did not know.Thank you for making this book possible for all us dummies out there, who will be far from that after we read it.

Download to continue reading...

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 For Dummies Coaching Lacrosse For Dummies Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) 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 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 The Parents' Guide to Girls' Lacrosse

<u>Dmca</u>