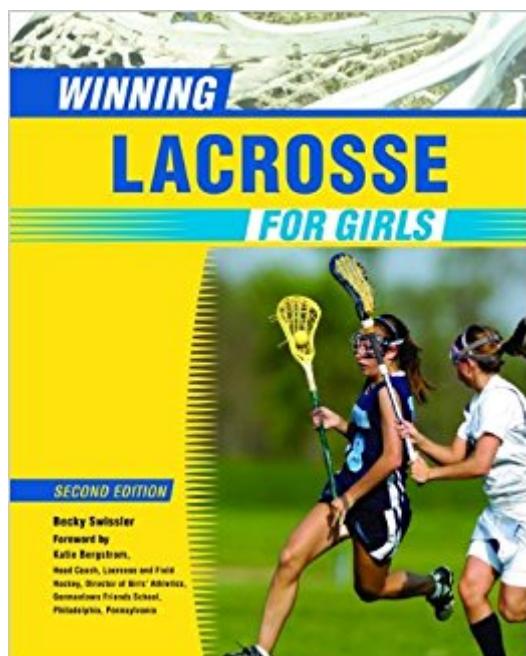


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# Winning Lacrosse For Girls (Winning Sports For Girls) (Winning Sports For Girls (Paperback))



## Synopsis

The modern-day sport of lacrosse has its roots in games played by North American Indians. Lacrosse for girls is very different from lacrosse for boys. This book is suitable for coaches and parents as well as female athletes looking to understand and master the game. It covers topics ranging from basic moves to expert skills.

## Book Information

Series: Winning Sports for Girls (Paperback)

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## Customer Reviews

Grade 7 Up-The cover photo of a girl outfitted in a traditional pleated kilt and catching a ball with an outdated wooden stick belies the modern and timely instruction held within this book's pages. Well organized, clear, and concise, this guide begins with the basics that every player should know, but also delves into crucial team-related concepts, such as zone defense, offensive sets, and team transitional drills. Coupling her teachings between two bookends—that of the history of the game and conditioning drills appropriate for the all-around lacrosse player—the author begins with fundamental one-on-one skills. Accurate (albeit black-and-white) pictures accompany the instruction in a logical and clear fashion. Swissler addresses progressively higher level concepts for every position on the field from the first attacker all the way back to the goalkeeper, and sprinkles the text with thoughtful comments from coaches practicing at all levels of competition. In the more team-oriented sections, the "X and O" diagrams complement the descriptions, making the concepts easy to grasp, and hence ideal for the beginning coach; the author also offers new and helpful ways of talking about these concepts for those who are more seasoned. This guide has been sorely needed for years, especially since this game is currently one of the fastest growing sports in our country, particularly

for girls, and particularly at the youth level, and one that is changing, due to recent rule changes and the influence of the boys' game.Kelly Berner Richards, St. George's School, Newport, RI  
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"Well organized, clear, and concise... This guide has been sorely needed for years..." - School Library Journal"

This book has not progressed with the game at all. Positions are still from back in the 90's as well as many descriptions of the game. We no longer play on natural boundaries AND have equipment to wear. This book would be very confusing to new parents and players. It needs an update REAL bad!

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.

My girls love the book.

I own over a hundred books on lacrosse and over twenty on women's lacrosse coaching alone. This I rank the third best of them, and the other two above this are awesome. This is not far off. I can't review the other two as I didn't buy them off .If you are a women's lacrosse coach at high school level or above, buy it. It contains very helpful information that will be of assistance to all but the highest level coaches.

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