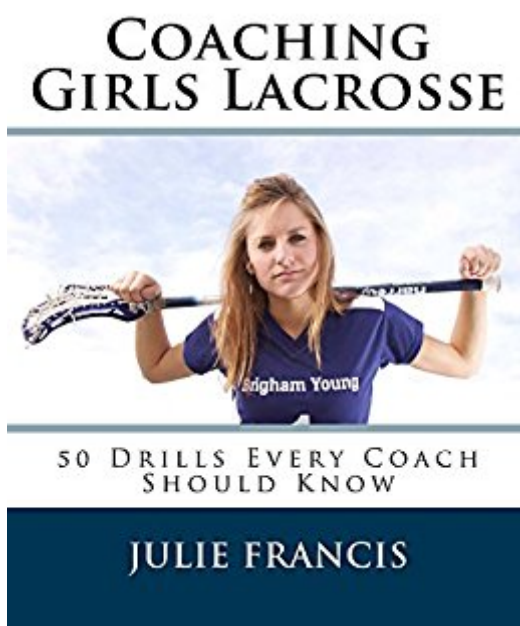


The book was found

Coaching Girls Lacrosse: 50 Drills Every Coach Should Know



Synopsis

With the rapid growth and increasing popularity of girls' lacrosse in this country, there are many new coaches being brought to the sport with varying levels of experience. This book was designed with these coaches in mind - it contains 50 different drills that are sure to help your girls master the fundamentals of catching, throwing, shooting, ground balls, defensive and offensive skills. Every coach should have this book to help them plan productive practices that teach essential lacrosse skills. This book will help you accelerate your players' skill level. It contains 50 easy to understand drills. From basic catching and throwing drills that can be used in warm-ups; to more comprehensive drills that recreate game like scenarios. This book is a must have for girls lacrosse coaches nationwide.

Book Information

File Size: 41319 KB

Print Length: 122 pages

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Customer Reviews

My daughter (age 9) wanted to play lacrosse this year. So I signed her up for a team. Sadly, they didn't have enough coaches for a U11 team...and I ended up doing it with absolutely no knowledge of the sport! This was my go-to for practice plans - I love how the drills are sorted, described, and

illustrated. What would be helpful would be an additional section describing some of the more basic rules - drills on how to avoid shooting space infractions, for example.

Excellent book for girls lacrosse coaches. The drills have step by step instructions & simple illustrations. I've been using it every practice so far this season.

The drills are fun and clearly explained....

This book is a must have for lacrosse coaches. Julie has compiled her experience from many years of coaching girls lacrosse at the collegiate level into this fantastic book. As they say, you play like you practice, and with this book your practices will be more efficient and effective.

This is such a great book from beginner coaches to the most experienced ones!! You can never have enough drills and this one is full of great ones with clear descriptions and helpful pictures! Thanks so much, I will be buying this for lots of coaches I know!!!

This book is very useful to have! The drills are clearly explained and have pictures. Great for new and experienced coaches. It's always good to teach new drills and keep practices exciting.

This book is very inspirational for the new coach or the experienced coach the drills are fresh and up-to-date and it's great for all levels of competition great job Julie.. "Chainsaw Out"

This author definitely knows her stuff! A must have for anyone looking to improve their team's game!

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