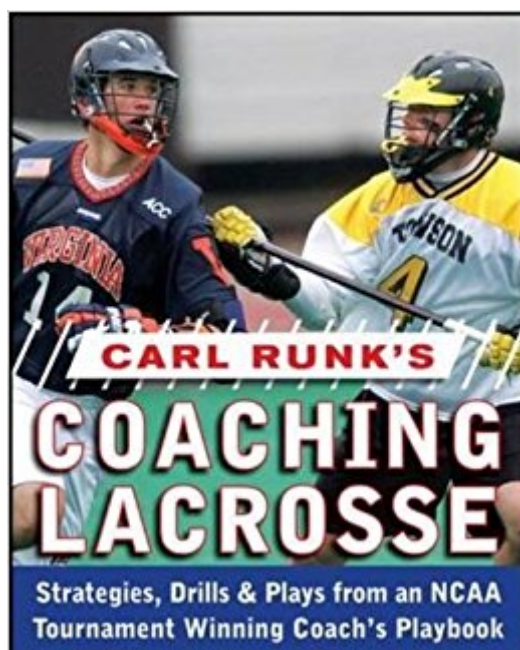


The book was found

Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays From An NCAA Tournament Winning Coach's Playbook



Synopsis

From one of the most successful coaches in NCAA history, the only total lacrosse instructional for high-end championship play at every level Filled with his beloved personal style and know-how, Carl Runk's Coaching Lacrosse goes beyond X's and O's to give you expert guidance for inspiring excellence in your team. Packed with illustrations and diagrams, this handbook covers all the fundamentals and equips you with drills and strategies for firing up your players.

Book Information

Paperback: 288 pages

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Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #417,629 in Books (See Top 100 in Books) #14 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #1308 in Books > Sports & Outdoors > Coaching

Customer Reviews

Carl Runk has compiled an impressive 289 collegiate-level victories as a head lacrosse coach at both Towson University and the University of Arizona. He lives in Maryland, where he is currently coach of the 2004 Maryland state champions.

Nice book that I recommend. With more and more zone defenses being employed these days, his descriptions of various types of zone are really valuable. I like the umbrella zone he employs against the 3-3 EMO. A nice change up. NOT FOR BEGINNERS. High school (at the minimum) and above. Negative points: 1) he uses his own system for designating locations of defensive and offensive players. I was constantly flipping back through the book to figure out which location was which. 2) although the book is well-written, it was not well-edited. I like the format of the diagrams, but there are diagrams that appear to be out of place, and at one point the defensive setup when the ball is behind right is different from the setup when the ball is behind left - I think they should be mirror images if the rest of the offense is set up symmetrically..

Fast delivery and product is exactly as described

This book covers it all and the diagrams are perfect. It should be every High School Coaches first book. It assumes that you know the basic skills. It picks up at a high school to college level. You can use some for Jr. High age kids, but unless you are practicing every day, you will not get to all of it. It also has some great and very funny personal stories from the coach. Thanks Carl!

Over the years I have accumulated a lot of lacrosse books and this one is clearly the best in terms of presenting a wide variety of ideas and strategies for experienced coaches. I have coached senior lacrosse sides at the highest club level in Australia and I cannot recommend this book highly enough.

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