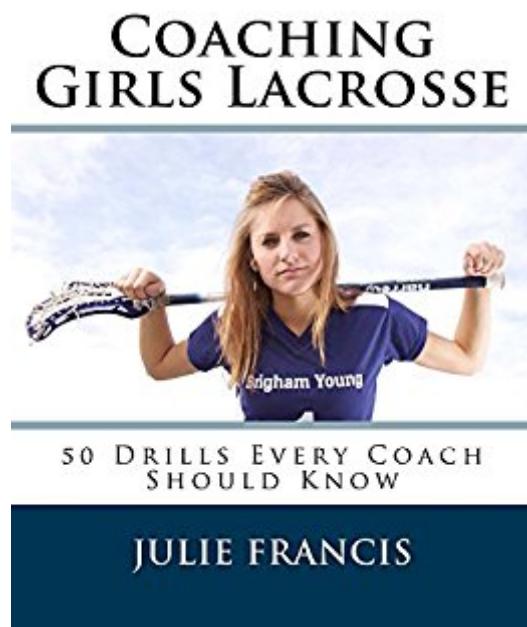


The book was found

# Coaching Girls Lacrosse: 50 Drills Every Coach Should Know



## **Synopsis**

With the rapid growth and increasing popularity of girlsâ™ 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 â€“ 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 playerâ™s 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 the recreate game like scenarios. This book is a must have for girls lacrosse coaches nationwide.

## **Book Information**

File Size: 41319 KB

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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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Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook  
Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting)  
What Every Student Should Know About Citing Sources with APA Documentation (What Every Student Should Know About...)  
Kids' Lacrosse Drills: Drills That Work for Elementary School Boys  
The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills)  
Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills)  
Coaching Youth Lacrosse: Includes 125 Drills  
Baseball Defense Mastery: Fundamentals, Concepts & Drills For Defensive

Prowess (Baseball Defense, Baseball Book, Baseball Coaching, Baseball Drills, Outfield, Infield) Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Basketball Coaching: How to Coach the Dribble Drive Motion Offense: Includes Basic and Advanced Concepts, Basketball Drills, Quick Hitters, and Secondary Breaks Recipes Every College Student Should Know (Stuff You Should Know) Stuff Every Man Should Know (Stuff You Should Know) Insults Every Man Should Know (Stuff You Should Know) Jokes Every Man Should Know (Stuff You Should Know) Dirty Jokes Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know) Stuff Every College Student Should Know (Stuff You Should Know) Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips!

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