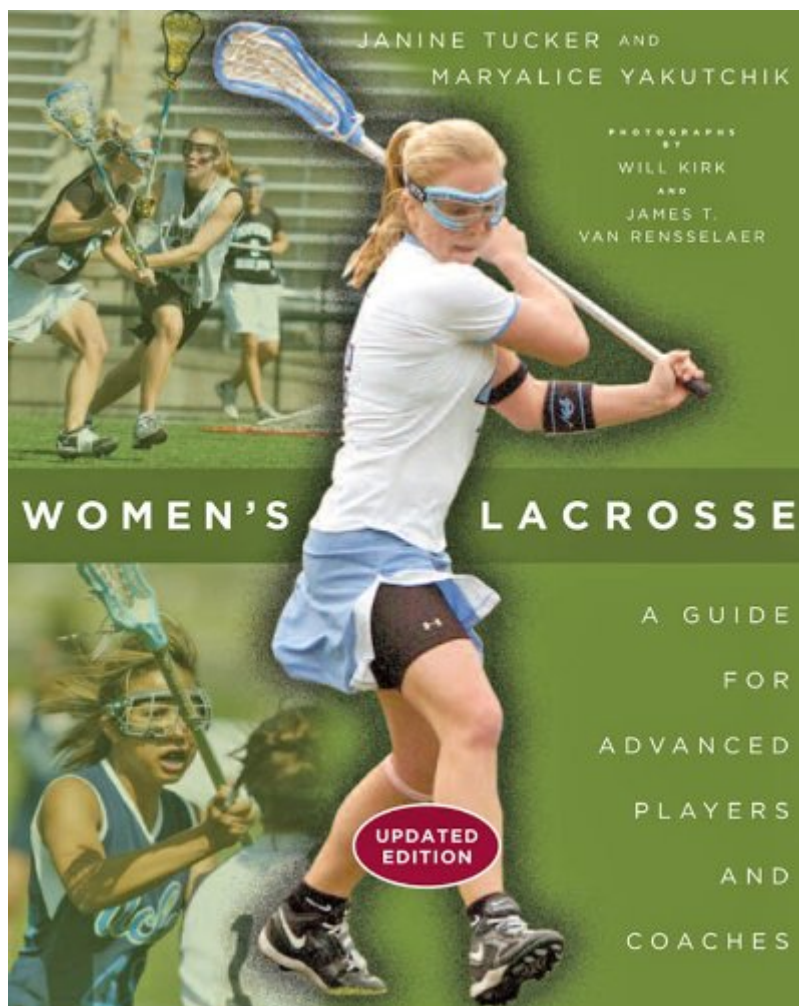


The book was found

Women's Lacrosse



Synopsis

Women's lacrosse is one of the fastest-growing sports in the United States. As stick technology advances, athleticism increases, and rules and regulations adapt, even the most experienced players and coaches need to keep current on all aspects of the game. Janine Tucker, head women's lacrosse coach at Johns Hopkins University, and Maryalice Yakutchik, a writer and former lacrosse player, here supply the ultimate guide to women's lacrosse. Each chapter provides a detailed explanation of a specific skill or technique, illustrated with easy-to-read instructional diagrams and photographs. Coach Tucker begins with lacrosse survival skills—throwing, catching, cradling, and scooping ground balls—and then moves on to more advanced techniques, such as precise checking, fast footwork, correct stick and body position, deceptive shooting, and quick dodges. Chapters on cutting-edge offensive and defensive strategy and on specialized skills, such as goal-tending and the draw, will get any team ready to hit the field. Fully updated, this edition includes* Detailed skill instruction* Drill suggestions throughout the book* New rules regarding the center draw and running through the crease For young women who want to play at the college level, the concluding chapter on recruiting offers a timeline; testimony from players, parents, and college coaches who have been through the process; and a sample résumé. Highlighting the most current strategies and tactics in the game today, Women's Lacrosse is a comprehensive instructional guide for coaches and players at all levels.

Book Information

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Customer Reviews

I am a high school lacrosse coach and Janine Tucker is the real deal. She is knowledgeable and has built her program into a well respected, class act machine. We are all fortunate she has taken the time to share her wisdom with the rest of us. Everyone in the sport owes her a debt of gratitude for helping grow the game we all love.

This is the second book by Coach Tucker that I have read. The other is The Baffled Parent's Guide to Girl's Lacrosse. Both f these books are outstanding.

Bought the book for my daughter who loves lacrosse. She's been studying this book, finding lots of good, relevant information and pictures.

My daughter plays Lacrosse and this has been helpful to me.

Excellent !

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