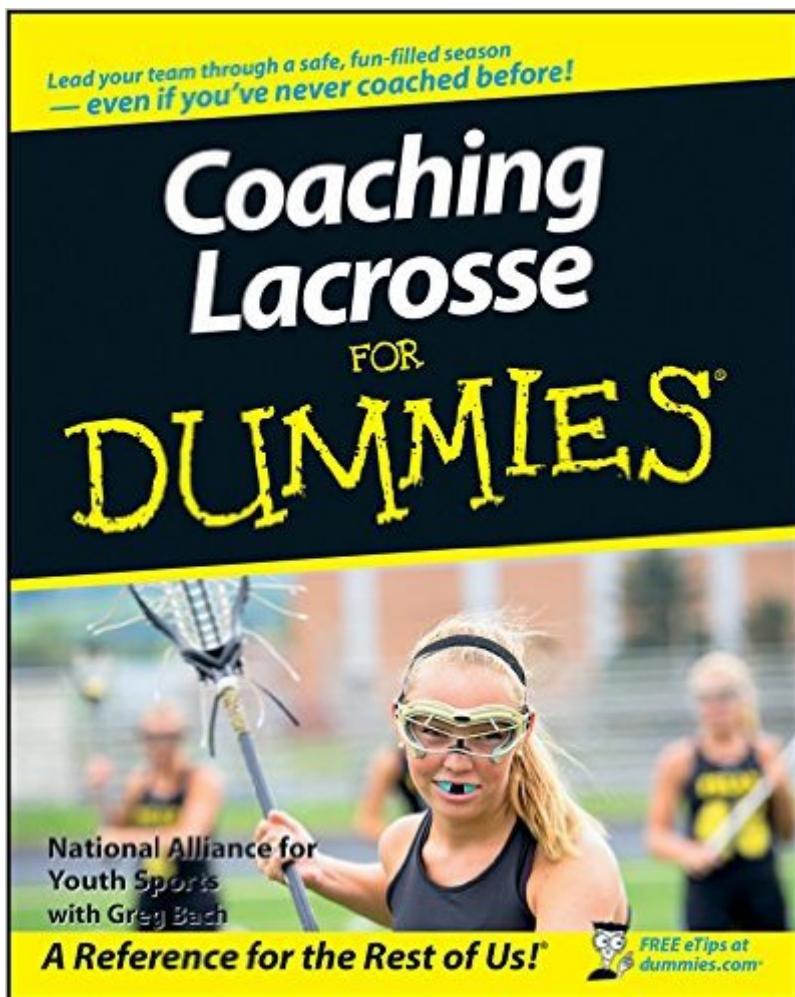


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# Coaching Lacrosse For Dummies



## Synopsis

Thinking about volunteering as a lacrosse coach? Even if you've never done it before, you can lead your team to a safe and exciting season. *Coaching Lacrosse For Dummies* shows you the fun and easy way to get the score on coaching youth lacrosse with loads of tips and plenty of offensive and defensive drills. This friendly guide helps you grasp the basics and take charge on the field. You'll get lots of expert advice on teaching essential skills to different age groups, determining positions for each player, promoting teamwork, keeping kids healthy and injury-free, helping struggling players improve their skills and encouraging your best players to make the most of their talents, and leading your team effectively during a game. Discover how to: Recognize your behind-the-scenes responsibilities Get a handle on rules and terms Plan and execute practices Teach basic lacrosse skills Identify players' strengths and weaknesses Juggle the dual roles of coach and parent Develop a lacrosse coaching philosophy Motivate all of your players Make practice and skill-building fun Understand the league your coaching Make sure your team has all the right equipment Take different approaches to coaching girls and boys Assign players to positions Motivate players on game day It's a tough job, but somebody has to do it. Make yourself the perfect somebody with a little help from *Coaching Lacrosse For Dummies*.

## Book Information

Paperback: 384 pages

Publisher: For Dummies; 1 edition (February 5, 2008)

Language: English

ISBN-10: 0470226994

ISBN-13: 978-0470226995

Product Dimensions: 7.4 x 1.1 x 9.3 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #786,555 in Books (See Top 100 in Books) #39 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #2292 in Books > Sports & Outdoors > Coaching

## Customer Reviews

This book is good if you want to learn both boy's and girl's lacrosse. I already knew men's lacrosse so it was helpful to use it to compare to women's lacrosse. Good for a beginner or someone familiar with the sport

IF YOU WANT TO COACH GIRLS IN LACROSSE, DO NOT BUY THIS BOOK. This book claims to address both boys and girls lacrosse. However, it simply changed some pronouns, exchanged helmets for goggles, took away the pads, and put ponytails on a few images. Girls lacrosse is not played with the same rules as boys lacrosse. It is not played with the same equipment. Anyone who has had anything to do with either side of this sport knows this. This book literally teaches illegal and even dangerous play for women's lacrosse. Girls do not play with helmets or pads, so executing a poke check in a girls game would be extremely dangerous, yet this book has a diagram of just such a play! If someone picked up this book and taught girls to play lacrosse from it, their team would not even know how to play in a girls game. This means that the authors did not consult a single person who has played lacrosse or even watched a women's game. The cover of their book has girls wearing proper equipment: apparently the authors did not even look at the cover image of their own book. When I bought this book I did not realize that the "dummies" referred to in the title were actually the authors.

If you never played before, and find yourself coaching, give a decent overview, pretty basic but enough to get you started. Has some basic outlines for practices and drills. But sections on dealing with parents not really what I was looking for. Had hoped for some more ideas for game strategies, not so much. Most useful for someone coaching younger ages, maybe up to 5th or 6th grade.

Lots of good & common sense tips, but some were obvious and didn't need elaborate explanation. Was hoping for more ideas for drills than philosophy of coaching (that the sport should be fun, with which I agree anyway). Great service.

This is an excellent resource for coaches old and new. I read it at the beginning of each season as a refresher, It is well written with lots of good info. I especially like the focus on good sportsmanship! Truly well done!

It is a good general resource for people who know a little something about lacrosse and need some ideas on how to coach kids to play it. It might not be as useful in those parts of the country where lacrosse is growing and the coaches are not that experienced. For example, there aren't really good pictures/explanations of how to cradle, pass, shoot, etc.

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