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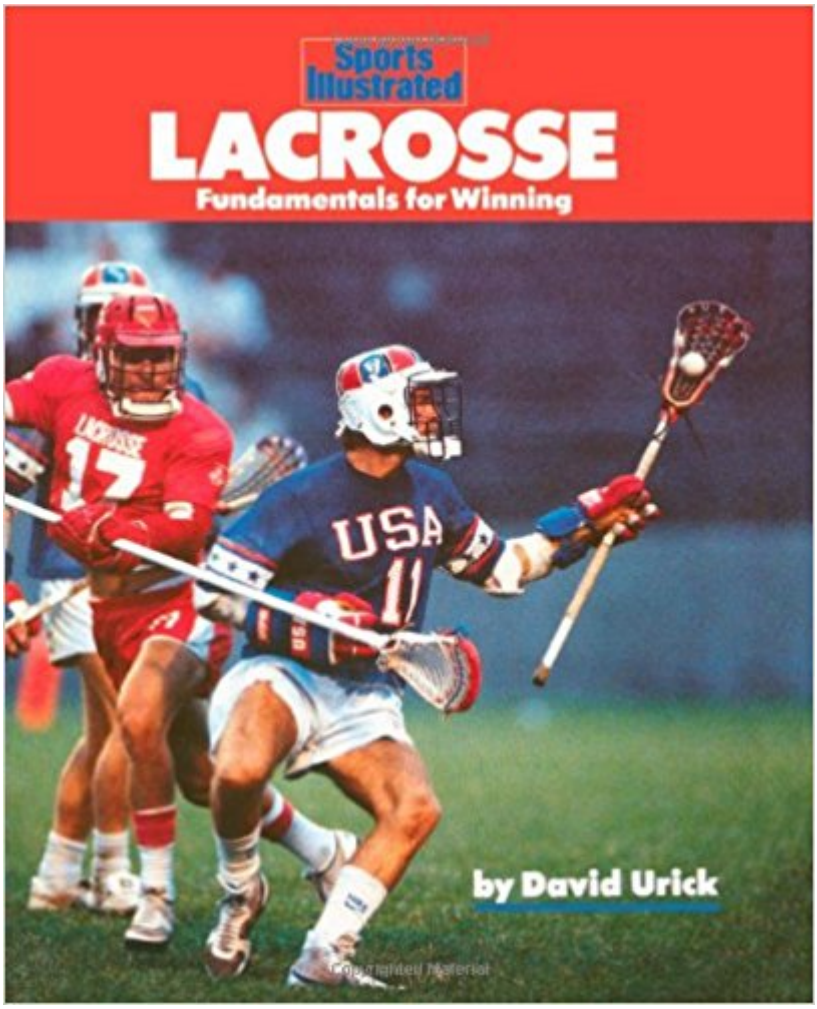
Lacrosse: Fundamentals For Winning (Sports Illustrated Winner's Circle Books)



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Synopsis

Eight-time national championship coach David Urick shows players and coaches the pathways to lacrosse success!

Book Information

Series: Sports Illustrated Winner’s Circle Books

Paperback: 256 pages

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #1,212,072 in Books (See Top 100 in Books) #59 inÂ Books > Sports & Outdoors > Other Team Sports > Lacrosse

Customer Reviews

This book is an excellent tool for novices of the game. It gives chapters about the positions and techniques of the game and could be very helpul if you are learning lacrosse. It is also a resourceful tool as a coach (of kids under about 14) and gives pointers on all aspects of the game. If you have been playing lacrosse for a while you may want to look to another source for information about the game, although this book would be somewhat entertaining.

I coach high school Lacrosse in Missouri, and have found this book a valuable tool in teaching Lacrosse to my players and their parents. I also loan this book out to other coaches and assistant coaches. The book is very comprehensive, but it is so easy to understand, that a total novice at Lacrosse is able to understand the game and even feel like an authority. It covers rules, history and strategy. In an area where Lacrosse is relatively new, this book is a god-send

This book helped me out a lot. I play goalie and defense and this book has very helpful sections on both postitions. My firends and I brought this to our team practice and our coach read it and said that he will use all of the drills given to help us out. This is a very good buy and i reccomend it to every beginning and advanced player out there.

It was a good introduction to lacrosse. Most of the basics were covered. I felt it is a good book for coaches beginning to coach the sport. I wish it would have had a chapter on the rules. At my sons first lacrosse game, I had no idea about the penalties being called so I would like to have had more information in the book about the rules.

My 9 year old son just started to play and we knew NOTHING about the sport. This kept it simple and also helped us to help him at home.

Got this for my son who is playing lacrosse. He has read it and learned more about the game. I looked through it too. It will certainly help me to talk about the game better and to enjoy watching it even more. I would highly recommend this for new lacrosse players or ones who have been playing for a while but have more to learn.

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