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Lacrosse: Technique And Tradition



Synopsis

Communicating the enthusiasm, skill, and understanding of a top coach, "Lacrosse: Technique and Tradition" is a book to be savored by the youngest player and the oldest fan. The heart of the book is the authoritative and clear explanation of the techniques and tactics of this fast-growing sport.

Book Information

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Customer Reviews

This book is a must for any lacrosse player. It covers all aspects of the game from its history, to its play. As a player one learns all of the fundamentals of the sport. Equipment, rules, plays, defensive and offensive strategies and techniques are all covered. As a coach one gets a good foundation from which to build. It includes drills and practices to follow. Table of Contents-Section I: The Game and Its History 1. the game of lacrosse. 2. a brief history. 3. the rules. 4. what makes a player. Section II: Techniques and Tactics 5. fundamentals. 6. individual offence. 7. team offence. 8. extra-man offense. 9. individual defense. 10. team defense. 11. man-down defense. 12. goal tending. 13. clearing. 14. riding. 15. fast breaks. 16. faceoffs. 17. drills. Section III: Lacrosse at Johns Hopkins 18. the eighty-seven-year record 19. my twenty Hopkins teams. I hope that this was of help

This book is best for all players, beginning through advanced. The book focuses on both individual and team play. Great for coaches and players. The best Lacrosse manual I have ever read.

As a former player (4 year, D3) and a youth coach (five years) who constantly searches for insightful lacrosse materials, this book is an instant favorite. The insights offered here are priceless. This is

the finest book on lacrosse I have ever read--and I've read most of them. Scott is a grand master of the game. Here are but a few pearls: Given you have a few great athletes, many average athletes and a few limited athletes on every team, where do you place them and why? What restrictions do you put on players before you green light them to shoot? How do you best position defensive players to cut off shooting lanes? The list goes on. I cannot do it justice here. The purpose of this review is to urge anyone student of the game, be he coach or player, to get this book and digest it. It's a masterpiece.

Bob is the Best!!! A true legend :)

Great book, tons of info

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