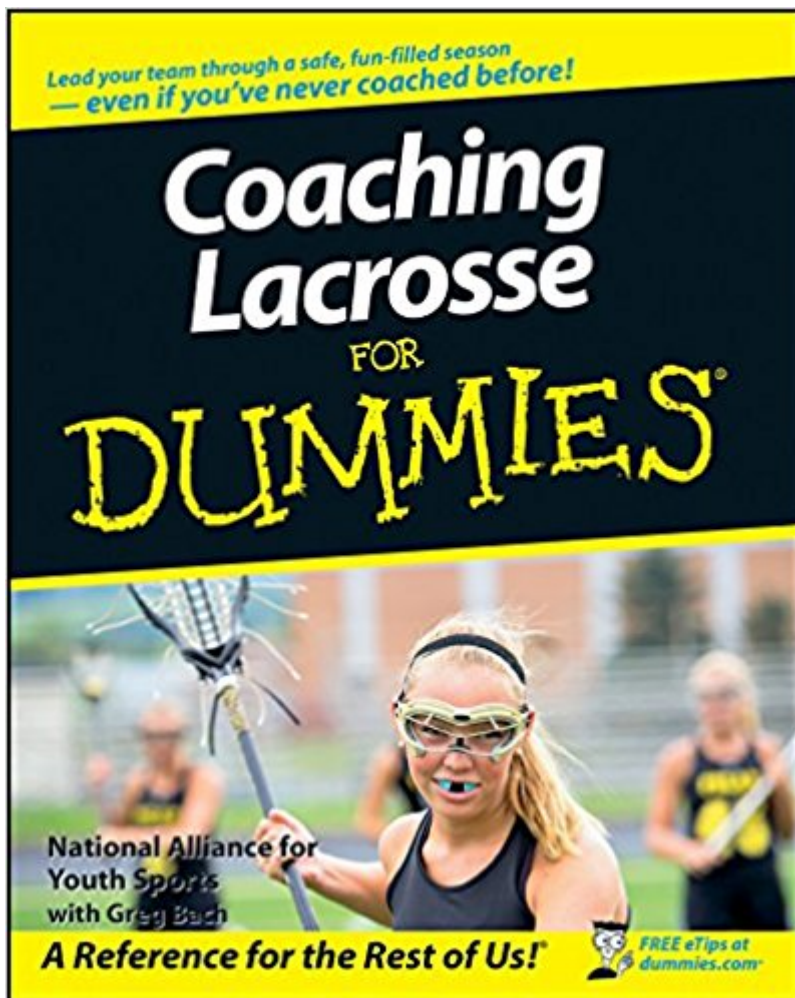




The book was found

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: 3.7 out of 5 stars 12 customer reviews

Best Sellers Rank: #663,643 in Books (See Top 100 in Books) #22 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #1984 in Books > Sports & Outdoors > Coaching

Customer Reviews

Packed with numerous offensive and defensive drills The fun and easy way to get the score on coaching youth lacrosse Looking to volunteer as a lacrosse coach? This friendly guide helps you grasp the basics and take charge on the field. You get 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, and leading your team effectively during a game. Discover how to: Teach lacrosse fundamentals Encourage good sportsmanship Coach fun-filled practices Ensure safety on the field Communicate effectively with parents

The National Alliance For Youth Sports has been America's leading advocate for positive and safe sports for children for more than 25 years. It serves volunteer coaches, parents with children involved in organized sports, game officials, youth sports administrators, league directors, and the youngsters who participate in organized sports. The Alliance's programs are utilized in more than 3,000 communities nationwide by parks and recreation departments, Boys & Girls Clubs, Police Athletic Leagues, YMCAs/YWCAs, and various independent youth service groups, as well as on military installations worldwide. For more information on the Alliance's programs, which are listed below, visit www.nays.org. Greg Bach is the communications director for the National Alliance For Youth Sports (NAYS), a position he has held since 1993. Before joining NAYS, he worked as the sports editor of the Huron Daily Tribune in Bad Axe, Michigan, where he captured numerous writing awards from the Associated Press, Michigan Press Association, and the Hearst Corporation. He has a journalism degree from Michigan State University, which he earned in 1989, and is a devoted follower of his beloved Spartans in all sports. He's also the author of Coaching Soccer For Dummies, Coaching Football For Dummies, Coaching Basketball For Dummies, and Coaching Baseball For Dummies.

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.

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

Good book, more details and quantity of information than I expected when I reviewed it online.

Has a LOT of information in it, very thick book, but gives quite a few good tips and tricks as well as some interesting ideas of ways to coach the team and come up with plays.

Very handy, especially the advice on addressing the parents.

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!

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.

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.

[Download to continue reading...](#)

Coaching Lacrosse For Dummies Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Lacrosse Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer Recordbooks) Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Coaching Boys' Lacrosse: A Baffled Parent's Guide Coaching Girls Lacrosse: 50 Drills Every Coach Should Know Coaching Girls' Lacrosse: A Baffled Parent's Guide Coaching Youth Lacrosse Coaching Youth Lacrosse: Includes 125 Drills The Baffled Parent's Guide to Coaching Girls' Lacrosse (Baffled Parent's Guides) Lacrosse For Dummies Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) iCubed: The All Blacks' Winning Rugby Coaching System (iCubed: The Winning Rugby Coaching System Book 5) Coaching Cross

Country Successfully (Coaching Successfully Series) The Volleyball Coaching Bible (The Coaching Bible Series)

Contact Us

DMCA

Privacy

FAQ & Help