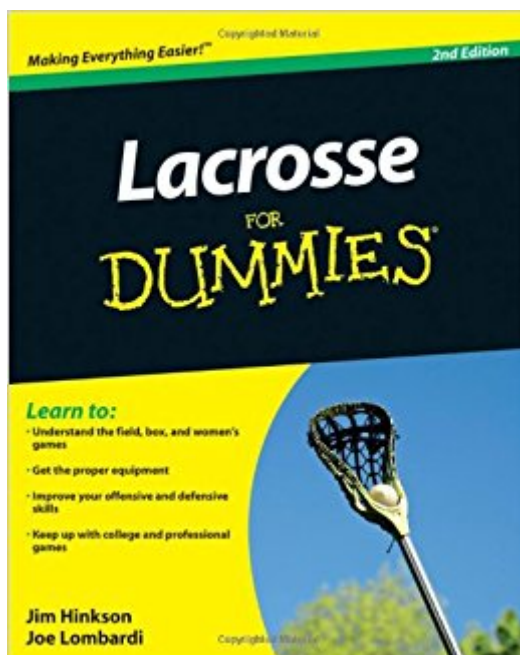


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# Lacrosse For Dummies



## Synopsis

Lacrosse For Dummies is the ultimate guide for fans and players of this rapidly growing sport alike. The book offers everything the beginning player needs to know, from the necessary equipment to the basic rules of the game, with explanations of the women's game and the indoor game, too. It also offers a wealth of information for the experienced player, including winning offensive and defensive strategies, along with skill-building exercises and drills. Finally, there's information on how armchair lacrosse players can get their fix of the sport on television, online, or in print.

## Book Information

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## Customer Reviews

Your complete guide to the fastest growing sport in North America! Whether you're a player, coach, or fan of field or box lacrosse, this friendly guide explains everything you need to know about the game. From the basic rules of the men's and women's games and the fundamentals of passing and catching to advanced offensive and defensive strategies, you'll discover how to get the most out of this exciting sport. Understand the essentials

- meet the players on the field and floor, discover how the game is played, and get to know the rules
- Get equipped
- choose the perfect stick and select protective gear that gives you the freedom to move
- Become a better player
- bone up on basic technique, develop your passing and catching skills through drills, and learn how to evade defenders and stop offensive players
- Improve as a team
- investigate how your team can play as one
- both offensively and defensively
- to increase your chances of victory
- Coach like a pro
- figure out what style of play suits your team, draw up winning game plans, and keep your players sharp
- Cheer from the sidelines
- find the best ways to follow lacrosse on television, online, or in print; check out the top high school and college

teams; and keep up with the pros in the MLL and NLL. Open the book and find: What makes women's lacrosse unique. How to read referees' signals. Helpful tips from star college and professional players. Traits every great goalie must have. How lacrosse is similar to basketball and hockey. The ingredients for effective special teams. Mental and physical conditioning plans to keep you game-ready. Profiles of the top players. Learn to: Understand the field, box, and women's games. Get the proper equipment. Improve your offensive and defensive skills. Keep up with college and professional games.

Jim Hinkson has coached at every level of lacrosse, from house league to professional. He has authored five books on lacrosse and coaching. Joe Lombardi is a multimedia journalist and was named man of the year in 2008 by the Lacrosse Coaches Association of the Hudson Valley in New York.

My sons and daughter play lacrosse. I never heard of the sport before moving to New England. I bought this book in the hopes that if I understood it more, maybe I would have a better attitude towards the sport. This book was only sort of informative. The book is also old - from 2005, and this sport at all levels has developed passed what was covered. I would have preferred the book be organized or "rotated" differently because it was hard to follow. The game rules really needed a grid-comparison between the various youth-levels and by gender. There are many useless statements, paragraphs, and commentary throughout the book that are merely filler. Questions I still had after reading the book include\* What is the normal lacrosse season\* How many games are played\* What is the standard/expected practice schedule\* Exactly what are the details to look for in equipment\* Still did not understand the types of positions or plays\* Still did not understand how all the penalties work, when they are called, on who, and how much league or league variations are expected. I would recommend finding a different book than this.

Being a lifelong hockey player, I expected to easily understand this new sport that my son has started playing. I was wrong. This book has given me the basics to watch the game and has much more that I plan to come back to and learn about after the season.

The first book was more for indoor lacrosse but the 2nd edition is far more. I am a current player, and give this book a good big 5. Lacrosse for Dummies 2nd Edition is a great book for when you don't know a specific term or technique, you can just basically flip open a book and turn to the page

for an excellent explanation. This book goes over not only the mens, but also the girls and the box game. It is also a MUST read for any coach because it comes with many drills and plays along with specific techniques to teach the developing, intermediate, and the advanced player. The 2nd edition is a COMPLETELY different book, everyone should disregard the old reviews.

The book is a little old, but I knew that buying it. That's why it was so cheap. The book is great and I am learning a lot about lacrosse from the book. I received the book fast and in spite of the age of the book, it is in great condition.

Very good play

This is a great resource for people who want to know more about the game. Our son started playing and I had many questions. It was not easy for me to follow all of the intricate rules. A coach recommended this book to me. It is basic. It is not a book I would read cover to cover but it has information for both boys and girls LAX.

My grandson plays lacrosse, thus the reason I bought this for his dad who always had questions about the rules. My son seemed insulted that I gave it to him (I guess because of the title), but my grandson is always reading it.

I found "Lacrosse for Dummies" to be not only informative, but interesting, as well. I bought it to gain more knowledge about the sport, as it is growing so rapidly in the United States. The book did just that- and more. The format was inviting, clear, and easy to read, an important factor in today's fast-paced world. I, especially, enjoyed learning about the derivation of lacrosse. That was fascinating- something I did not know. Thank you for making this book possible for all us dummies out there, who will be far from that after we read it.

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