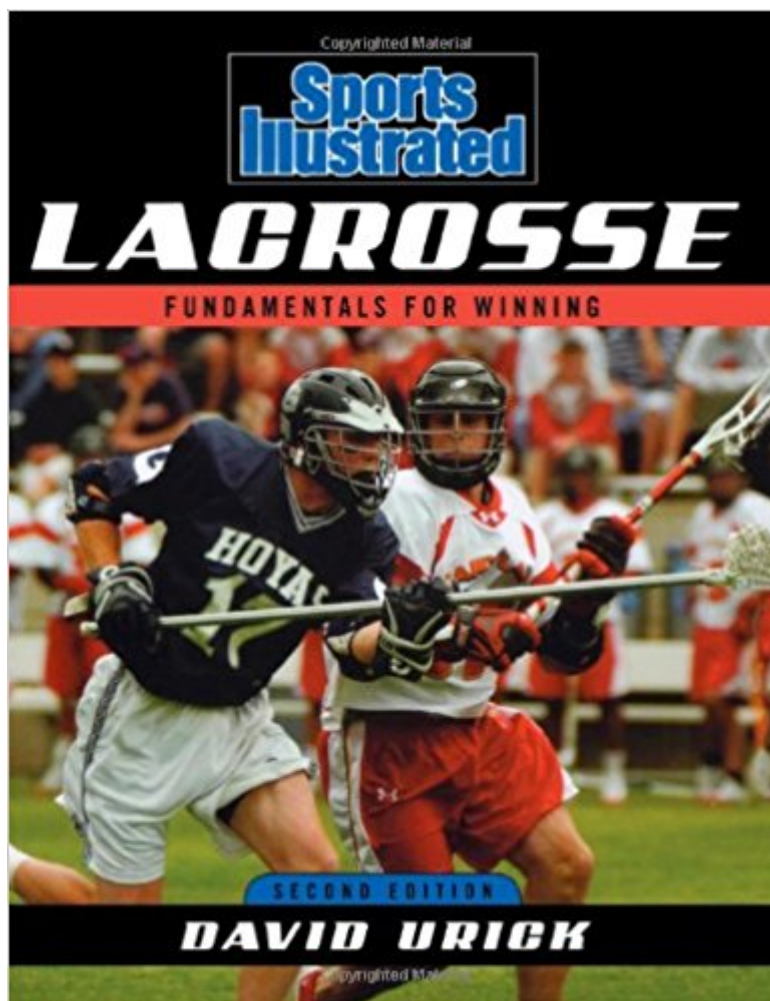




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# Sports Illustrated Lacrosse: Fundamentals For Winning



## Synopsis

Lacrosse, a game of speed, complexity, and nuance, is fast becoming one of the most popular sports nationwide. In this thoroughly updated edition of a Sports Illustrated bestseller ten-time national championship coach David Urick shows players and coaches the pathways to lacrosse success. With this book you can learn:

- 10 fundamental stick skills every player should know
- The rules of lacrosse: penalties, play, and positions
- How you can dodge, shoot, feed, cut, pick, and screen like a champion
- Individual defense: the art of the check and the hold
- 15 team offensive formations and how to make them work for you
- How your team can play quality defense
- 18 skills and drills for becoming a better goalie
- Extra-man defenses, man-down-defense, fast breaks, team practice, equipment, and more!

## Book Information

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Average Customer Review: 4.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #375,173 in Books (See Top 100 in Books) #10 in Books > Sports & Outdoors > Other Team Sports > Lacrosse

## Customer Reviews

David Urick, one of the most successful and respected coaches in the game today, has written excellent work on the fundamentals of lacrosse. It will benefit players, coaches, and spectators at all levels. (Don Zimmerman, Head Lacrosse Coach, University of Maryland Baltimore County)

David Urick is the current Men's Head Lacrosse Coach at Georgetown University and was inducted into the Lacrosse Hall of Fame in 1998. He lives in Washington, D.C.

If it is in coach Danowski's library it has to be a worthwhile addition to mine. Every lax coach can benefit from reading and referring to it

Godson is loving the book!

This is just what we needed as the perfect gift for a grandson who has recently started playing LaCrosse. He was pleased to receive it.

Good sound advice for the novice to intermediate player. Would recommend if you can get it for a good price

I gave this as a gift to my cousin who was starting out in high school Lacrosse. I wanted to pick something that wasn't too basic, and this book had some good details on some basics but also strategy and drills.

I had signed up for an online course in coaching lacrosse and this was the textbook that was offered. Unfortunately, the family did some housecleaning and the original text was thrown out! After careful searching, I found this replacement text online. It is the exact same one! Good book (I previously, years ago, had bought one Sports Illustrated had created on basketball when I was thrown into a situation of coaching that sport as a first year teacher-and I was a wrestler by trade). The basketball book allowed me to finish .500 with a mismatch group of kids.

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