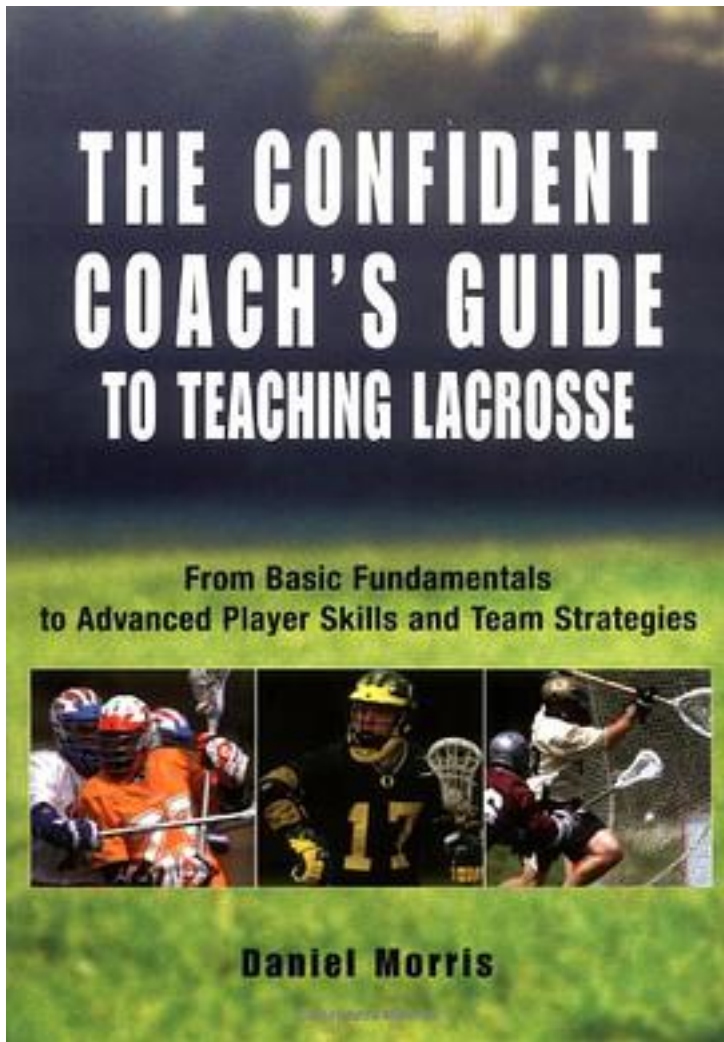


The Confident Coach's Guide to Teaching Lacrosse



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Within the past decade, lacrosse has seen explosive growth on the elementary, junior and high school, and college levels, rapidly becoming one of America's most popular playing sports. Lifelong lacrosse player and coach Daniel Morris, along with noted author Michael Morris, distill the essence of this exciting, fast-paced game into one compact volume, teaching everything the beginning and intermediate coach needs to know about the rules, equipment, skills, and drills of this venerable game. Unlike other books on lacrosse, this guide reflects recent important rule changes, as well as the latest techniques in offense and defense, stick-handling, and advances in equipment that have transformed the game as it is played today. Chapters focus on critical elements of individual and team play, conducting practices, skill-building drills, and a playbook of offensive and defensive strategies. A resource list of suppliers, camps, and additional information is included. This is a book that will find a place on every coach and player's shelf.

作者介绍:

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