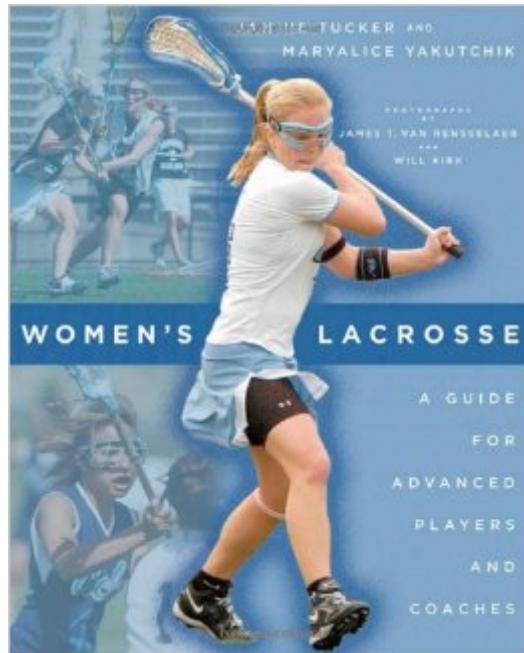


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# Women's Lacrosse: A Guide For Advanced Players And Coaches



## Synopsis

Women's lacrosse is one of the fastest-growing sports in the United States. As stick technology advances, athleticism increases, and rules and regulations adapt, even the most experienced players and coaches need to keep current on all aspects of the game. Janine Tucker, head women's lacrosse coach at the Johns Hopkins University, and Maryalice Yakutichik, a writer and former lacrosse player, here supply the ultimate guide to women's lacrosse. Each chapter provides a detailed explanation of a specific skill or technique, illustrated with easy-to-read instructional diagrams and photographs. Coach Tucker begins with lacrosse survival skills—throwing, catching, cradling, and scooping ground balls—and then moves on to more advanced techniques, such as precise checking, fast footwork, correct stick and body position, deceptive shooting, and quick dodges. Chapters on cutting-edge offensive and defensive strategy, as well as specialized skills such as goal-tending and the draw, will get any team ready to hit the field. For young women who want to play at the college level, the concluding chapter on recruiting offers a timeline; testimony from players, parents, and college coaches who have been through the process; and a sample rÃ©sumÃ©.

## Book Information

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## Customer Reviews

This is probably the most comprehensive book out there. Lots of information covering many aspects of the game. Please don't let unfairly negative reviews fool you. I'm a (somewhat) experienced lacrosse coach; I own this book, and I learned some good stuff from it. Even if you think you know

everything, and you think you teach a skill the right way, it's helpful to read how another coach teaches and explains the game. They may use a word or example or term that makes better sense. Simply, what I liked is that a top-level coach pushed my understanding of the game a little further.

Johns Hopkins coach Janine Tucker, whose previous book is the benchmark introduction to girls' youth lacrosse, has now written a comprehensive and detailed reference book for players and coaches at the high school level and above. From advanced individual techniques to team strategies, she has put together a one-stop resource for players and coaches (minor quibble: I would like to have read her approach to fast break defense). Although I have coached high school girls' lacrosse for a number of years, this book will be my primary reference in preparing for next season. I particularly appreciated the bonuses: entire chapters dedicated in detail to effective practices, offseason conditioning, and the college recruiting process. Note: I was moved to write this review after reading the first Customer Review, which in my judgment is unfair and completely erroneous. Read my comment to that review for more details.

As both a youth and high school lacrosse coach, I highly recommend this book, along with Janine's first book, *Coaching Girls Lacrosse: A Baffled Parents Guide*. Both books contain excellent coaching strategies, practice plans and drills. This book also has a comprehensive chapter about college recruiting that is very helpful for the high school athlete who is looking to play in college. I have been coaching for several years, and I still refer back to both books regularly during the lax season.

Janine Tucker has simplified advanced concepts of women's lacrosse with this book. Although indicated as "advanced", even new coaches will easily grasp the game and her techniques. She explains many of the nuances of offenses and defenses, although not in particularly great detail. But the diagrams that accompany her concepts are very good visual explanations. For example, she explains the fast break 3v2, 4v3, and 5v4 styles as well as the slow break offense. On defense, although she spends only a page and a half on the Hopkins Backer zone, the diagrams let the reader fully comprehend how it works. This is a worthwhile addition to any coach's instruction bookshelf.

One of the best books for teaching and coaching girls' lacrosse. It covers all levels - from basics to very advanced topics.

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