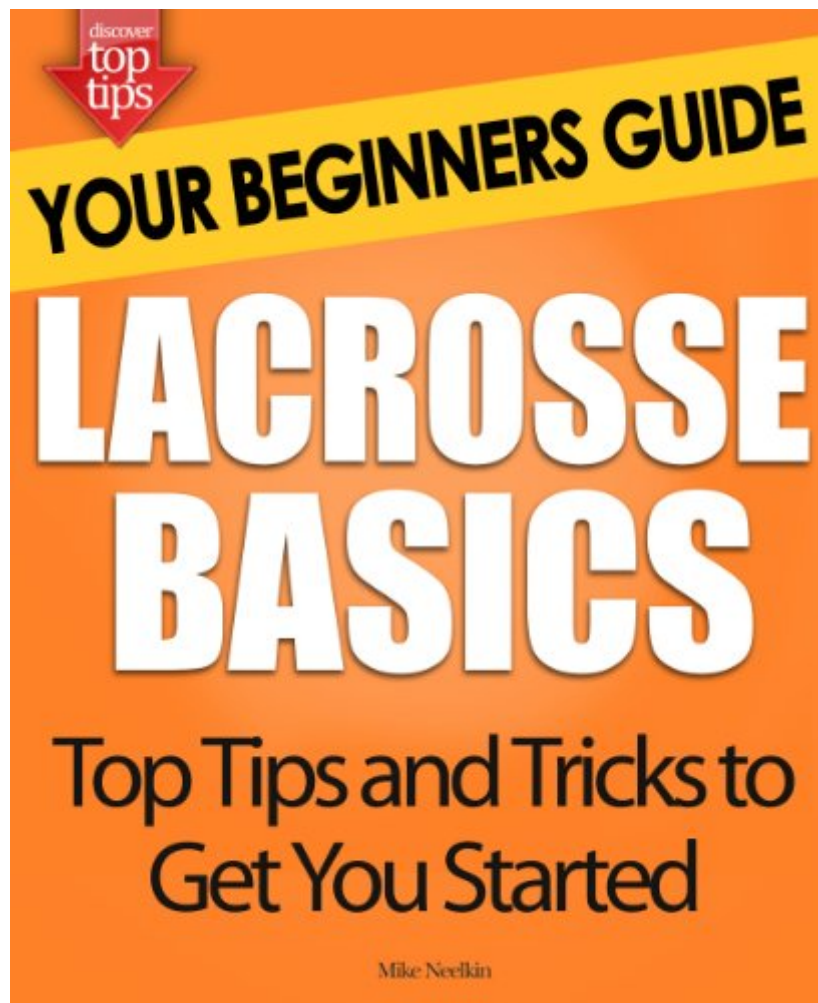




The book was found

Lacrosse Basics: Your Beginners Guide



Synopsis

Lacrosse Basics: Your Beginners Guide is a simple and easy-to-apply book in which you will discover lots of tips and tricks you can immediately use to learn the game, in the shortest time possible including:

- Exactly what equipment to buy for a better game.
- Why weight training could improve your game.
- How to strengthen your mental game so you play with confidence, courage, and control.
- How to throw a lacrosse ball the right way
- Why The Way You Hold The Stick Can Dramatically Effect Your Game

PLUS lots more bite-size tips to help you play better.

Here's a detailed breakdown:

- What Is Lacrosse?
- Types of Lacrosse Play
- Men's Field Lacrosse Rules
- Women's Lacrosse Game Rules
- Box Lacrosse Rules

- 1.The Ball Out-of-Bounds Rule
- 2.The Cross-Checking Rule
- 3.The Crease Play Rule
- 4.The Face-Off Rule
- 5.The Fighting Rule
- 6.Ball Handling Using the Hands
- 7.The Interference Rule
- 8.Kicking the Ball Rule
- 9.The Slashing Rule
- 10.The Over-and-Back Rule

- Lacrosse Stick Types
- Attack Sticks
- Midfield Sticks
- Defense Sticks
- Goal Sticks
- When Choosing Your Lacrosse Stick
- Lacrosse Equipment and Gear Checklist
- How to Throw a Lacrosse Ball
- Holding the Stick
- Lacrosse Arm Position
- Throwing a Lacrosse Ball
- Body Positioning and Weight Transfer
- Becoming the Best Lacrosse Player that You Can Be
- Stretching All the Way
- Running
- Weight training
- Lacrosse

- Introducing the Players
- The Goalie
- The Defenders
- The Midfielders
- The Attacker

Book Information

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Customer Reviews

I bought this book because I knew absolutely zero about Lacrosse, except that my grandson was now playing on his school team. So I wanted to learn the rules so I could be a knowledgeable fan. Unfortunately, this book does not give you the rules; rather, it provides a broad brush overview. It does tell you how many players are on a team and what their positions are. But, e.g., you never learn (1) how the referee decides to call fouls, or if they do; (2) what specific actions can trigger a penalty and what that penalty might be; or (3) how to decide who should get the ball when a shot on goal goes over the back boundary line. (saying the closest player gets it is not particularly helpful). If you need a book that includes at least some of the actual rules (as I did), this is not the one for you.

Probably a little too basic. Although if you have never played or you have a child just starting and you have no personal experience it will at least get you started. Still recommend it though.

I think the book was too short but if you are just starting up with lacrosse then this book can be helpful they are right all you need is to prepare physically and mentally

Bad book it skipped pages And it won't let you read all the pages and it tell you bad info

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Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse)

Lacrosse Basics: Your Beginners Guide Lake Zurich Lacrosse Club Guide to Winning Lacrosse and

the Game of Life: Lessons Learned From Thrive Project for America Training The Lacrosse

Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field

Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer

Recordbooks) Gardening: Gardening For Beginners: A beginners guide to organic vegetable

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Permaculture) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over

70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) The Complete Beginners Guide to Raising Small Animals: Everything You Need to Know About Raising Cows, Sheep, Chickens, Ducks, Rabbits, and More (Back-To-Basics) (Back to Basics Farming) Bowling: Bowling Box Set (2 in 1): Bowling for Beginners, Bowling Basics & Fundamentals - A Complete Bowling Guide (Bowling, Bowling Basics, Bowling Fundamentals, ... Bowling like a pro, bowling tips, Bowl) Graphic Design Success: Over 100 Tips for Beginners in Graphic Design: Graphic Design Basics for Beginners, Save Time and Jump Start Your Success (graphic ... graphic design beginner, design skills) Dropshipping: Dropshipping guide for beginners on how to avoid common dropshipping mistakes and disasters (Dropshipping Basics for Beginners Book 1) Permaculture Gardening For Beginners: The Ultimate Practical Guide To Permaculture Gardening And Permaculture Design (Gardening For Beginners, Basics Of Gardening) Wicca: Beginners Guide to Wiccan Herbal and Essential Oils Magic Spells (Wiccan, Wicca Books, Wicca Basics, Wicca for Beginners, Wicca Spells, Witchcraft Book 1) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Ketogenic Diet :The Step by Step Guide For Beginners: Ketogenic Diet For Beginners : Ketogenic Diet For Weight Loss : Keto Diet : The Step by Step Guide For Beginners Ketogenic Diet: The How To & Not To Guide for beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide for beginners Etsy: The Ultimate Guide Made Simple for Entrepreneurs to Start Their Handmade Business and Grow To an Etsy Empire (Etsy, Etsy For Beginners, Etsy Business For Beginners, Etsy Beginners Guide) Hydroponics for Beginners: The Ultimate Hydroponics Crash Course Guide: Master Hydroponics for Beginners in 30 Minutes or Less! (Hydroponics - ... - Aquaponics for Beginners - Hydroponics 101) Gardening: A beginners guide to organic vegetable gardening, beginners gardenin (Organic Gardening, Vegetables, Herbs, Beginners Gardening, Vegetable Gardening, hydroponics) Wilderness Basics: Get the Most from Your Hiking, Backpacking, and Camping Adventures (Mountaineering Outdoor Basics)

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