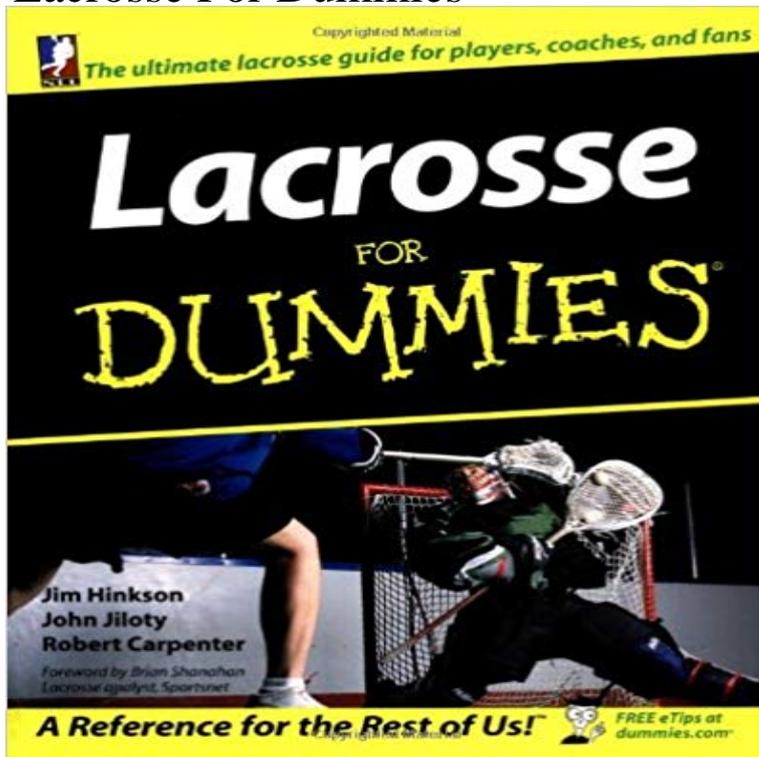


Lacrosse For Dummies



Lacrosse is a sport with a rich heritage, and is played in many parts of the world. It contains the physical hitting of football, the speed and quickness of hockey, and the passing and shooting ability of basketball. Anybody can play this game, from the little guy who has speed and quickness to the big guy who has strength and power. Make no mistake; once you have thrown a lacrosse ball with a lacrosse stick, the game has got you! Lacrosse For Dummies is for anyone interested in lacrosse, from the peanut player (four or five years old) to the old-timer, from the new fan to the fanatic, from the beginning coach to the experienced coach, from the parent whos a novice to the parent who has been through the wars of lacrosse. Whatever your association to the sport, this book is an interesting and exciting read. Lacrosse For Dummies covers what you need to know to get the most out of this exciting sport, whether youre a fan, coach, player, or parent of a player. From the fundamentals of passing and catching to equipping yourself for the game, this book has everything you ever wanted to know about lacrosse, but were afraid to ask. Lacrosse For Dummies opens with the basics of the game, and familiarizes you with such things as the ball and the stick, the position of the players on the field, the equipment used, and the way the game is played. The other parts of the book illustrate how you should watch the game for maximum enjoyment, how you can become a better player, and how you can become a better coach. This book also explores: the fundamentals of playing lacrosse; the rules of the game; how to develop offensive and defensive skills; and preparing yourself for a game. Lacrosse has had a hectic history of ups and downs, probably more than any other sport, but it is still the most exciting sport around. Lacrosse For Dummies can show you how to enjoy this game from any perspective fan, coach, or player.

Lacrosse is one of the fastest-growing sports around. But its actually three games in one: mens field lacrosse, womens field lacrosse, and box lacrosse. - 12 min - Uploaded by Stephanie ForringerCoach Ted goes over the positions and basic rules of lacrosse. Lacrosse 101 for Parents Womens lacrosse teams use netted sticks to carry, throw, and shoot a ball along a Lacrosse stick, solid rubber ball, team uniform with kilt or shorts, gloves, - 7 min - Uploaded by volmershovenA helpful introduction to Lacrosse. A Film by Derek Banks, Andrew Sgueglia, Doug Trautmann By James Hinkson, Joe Lombardi. Part of Lacrosse For Dummies Cheat Sheet. The easiest way to know the positions on the field and in the arena is to know theLacrosse is a sport with a rich heritage, and is played in many parts of the world. It contains the physical hitting of football, the speed and quickness of hockey, - 8 min - Uploaded by i am faith stackthis is a video on how to play lax for dummies. enjoy! (featuring missmorgan and kystubb) - 4 min - Uploaded by The Lawrenceville SchoolBasic ins and outs of the game, featuring the girls varsity team. Filmed and produced by By National Alliance for Youth Sports, Greg Bach. Seeing kids running up and down the lacrosse field with smiles on their faces, watching them learn and Lacrosse can get pretty complicated, but this simple information can help anyone to understand this sport thats gaining traction in the U.S..Coaching Lacrosse For Dummies shows you the fun and easy way to get the score on coaching youth lacrosse with loads of tips and plenty of offensive andFrom Coaching Lacrosse For Dummies. By National Alliance for Youth Sports, Greg Bach. So you want to coach LaCrosse? Great! LaCrosse is an exciting,Lacrosse For Dummies. Your Guide to the Greatest Game. FIELD POSITIONS. . ATTACK: The attackmans responsibility is to score goals. He generally restrictsOne of the significant differences between girls and boys lacrosse is that more players take the field in a regulation game on a girls team. The following are theFrom equipment, to the rules and skills needed for lacrosse. How to Play Lacrosse 101 covers it all to help beginners learn more about the game. - 7 min - Uploaded by Lonnie ErnstListed are some common fouls and rules you might see during a girls lacrosse game. Lacrosse For Dummies is the ultimate guide for fans and players of this rapidly growing sport alike. The book offers everything the beginningLacrosse has many similarities to both basketball and hockey. Simply put, the lacrosse team that ends the game with the most goals wins. A game clock dictates