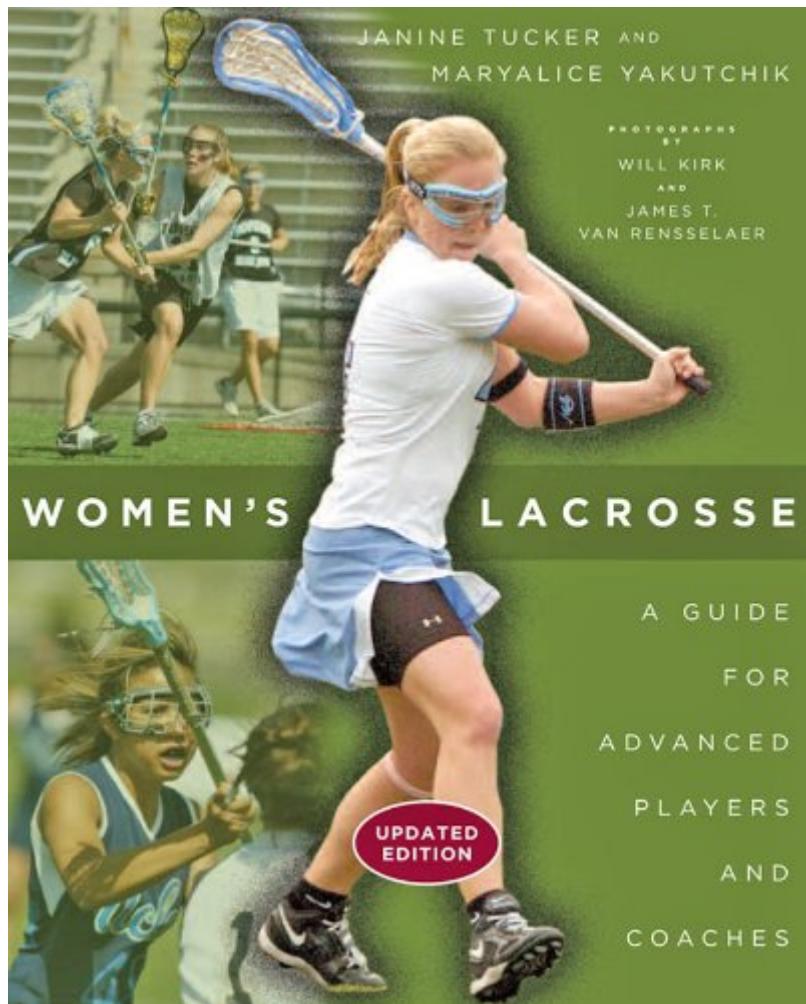


The book was found

# Women's Lacrosse



## 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 Johns Hopkins University, and Maryalice Yakutchik, 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 and on specialized skills, such as goal-tending and the draw, will get any team ready to hit the field. Fully updated, this edition includes\* Detailed skill instruction\* Drill suggestions throughout the book\* New rules regarding the center draw and running through the crease 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 rÃfÃ©sumÃfÃ©. Highlighting the most current strategies and tactics in the game today, Women's Lacrosse is a comprehensive instructional guide for coaches and players at all levels.

## Book Information

File Size: 11386 KB

Print Length: 240 pages

Publisher: JHUP; updated edition edition (January 24, 2014)

Publication Date: January 24, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00GTSP10O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,122,649 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

inÃ  Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Lacrosse #93

inÃ  Books > Sports & Outdoors > Other Team Sports > Lacrosse #1730 inÃ  Books >

Business & Money > Industries > Sports & Entertainment

## Customer Reviews

I am a high school lacrosse coach and Janine Tucker is the real deal. She is knowledgeable and has built her program into a well respected, class act machine. We are all fortunate she has taken the time to share her wisdom with the rest of us. Everyone in the sport owes her a debt of gratitude for helping grow the game we all love.

This is the second book by Coach Tucker that I have read. The other is The Baffled Parent's Guide to Girl's Lacrosse. Both f these books are outstanding.

Bought the book for my daughter who loves lacrosse. She's been studying this book, finding lots of good, relevant information and pictures.

My daughter plays Lacrosse and this has been helpful to me.

Excellent !

[Download to continue reading...](#)

Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Lacrosse Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer Recordbooks) Attract Women: Be Irresistible: How to Effortlessly Attract Women and Become the Alpha Male Women CanÃ¢â€”â„ct Resist (Dating Advice for Men to Attract Women) Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Attract Women: Ã¢â€”Å“HeyÃ¢â€”â„“to Lay: The 7 Steps to Approaching Women, Unlocking Her AttractionÃ¢â€”â„“ and Her Legs (Dating Advice for Men on How to Approach Women and Attract Women) Women's Lacrosse: A Guide for Advanced Players and Coaches Winning Women's Lacrosse Women's Lacrosse Texting Women: 7 Simple Steps From Text to Sex (Flirty Texts, Texting Girls, How To Text Girls, Art Seduction, How to Seduce a Woman, Funny Text, Pick

Up Women, Funny Pick Up Lines, Picking Up Women) Women Helping Women: A Biblical Guide to Major Issues Women Face World War 2 Historyâ€¢ 10 Most Incredible Women: World War II True Accounts Of Remarkable Women Heroes (WWII history, WW2, War books, world war 2 books, war history, World war 2 women) Moving the Mountain: Women Working for Social Change (Women's Lives, Women's Work) To Date a Man, You Must Understand Yourself: The Journey of Two Women: Dating Advice For Women (Relationship and Dating Advice for Women Book 10) Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie American Indian Lacrosse: Little Brother of War Until Proven Innocent: Political Correctness and the Shameful Injustices of the Duke Lacrosse Rape Case Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Lacrosse: Technique and Tradition, The Second Edition of the Bob Scott Classic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)