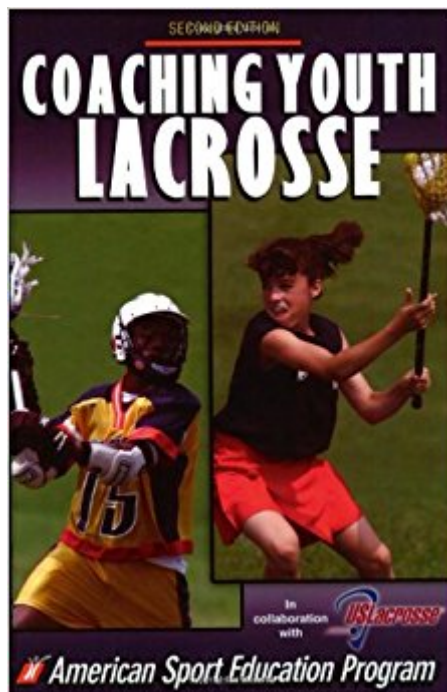


The book was found

Coaching Youth Lacrosse



Synopsis

This new edition of Coaching Youth Lacrosse is part of the improved generation of the American Sport Education Program's (ASEP) Coaching Youth Sports series. A widely respected and highly popular series, this is the best collection of youth sport-specific guides, which are grounded in positive coaching principles. ASEP, the nation's No. 1 coaching education program, developed Coaching Youth Lacrosse to provide coaches with both an explanation of their role and concrete instructions on fulfilling that role. Coaching Youth Lacrosse contains specific programs for both boys and girls lacrosse, including specifics on equipment, season plans, games and tactics. You will find chapters on communicating with your athletes and their parents, teaching and developing lacrosse skills, planning and conducting practices, and coaching during games. This second edition includes a special chapter on the games approach to coaching lacrosse, which makes practice more fun for the kids and teaching more effective for you, the coach.

Book Information

Series: Coaching Youth Sports Series

Paperback: 296 pages

Publisher: Human Kinetics; 2 edition (March 1, 2007)

Language: English

ISBN-10: 0736037942

ISBN-13: 978-0736037945

Product Dimensions: 9 x 6.2 x 0.7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,457,352 in Books (See Top 100 in Books) #61 in [Books > Sports & Outdoors > Other Team Sports > Lacrosse](#) #133 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #1147 in [Books > Medical Books > Medicine > Sports Medicine](#)

Customer Reviews

""Coaching Youth Lacrosse "should be under the arm of every youth lacrosse coach in the country! This book can help veteran coaches increase their skills and give novice coaches the guidance they need to coach lacrosse with confidence."" Steve Stenersen
Executive Director US Lacrosse"

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guidance they need to coach lacrosse with confidence." "Steve Stenersen Executive Director US Lacrosse "

I am new to the game of lacrosse, but have volunteered to help coach my son's team of beginners (first & second graders). This book was a tremendous help in explaining the general rules, structuring practices, and drills. The book references a coaching system called the 'Positive Coaches Alliance', which gives great pointers on approaching practices and general coaching philosophies. I have coached soccer for six years and still found some of the coaching methods to be very helpful. Not only for lacrosse, but for coaching in general. I will be applying these techniques to soccer (along with modifying some of the lacrosse drills). I highly recommend this book as your first lacrosse resource.

I am a physical education major at The Ohio State university and this book really helped me with getting the concepts of how the game is played for boys and girls. It gave me the basic tools needed to be able to apply it to students and feel confident in what they will be learning.

I found this book to be excellent for someone at my level of understanding -- having watched my son/daughter play for a few years and having assisted for one year. Great illustrations, explanations, and ideas for drills and games.

great book

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