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Women's Lacrosse: A Guide for Advanced Players and Coaches (Revised edition)

By Janine Tucker, Maryalice Yakutchik, Will Kirk, James T. Van Rensselaer

Johns Hopkins University Press. Paperback. Book Condition: new. BRAND NEW, Women's Lacrosse: A Guide for Advanced Players and Coaches (Revised edition), Janine Tucker, Maryalice Yakutchik, Will Kirk, James T. Van Rensselaer, 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; and new rules regarding the center draw and...



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