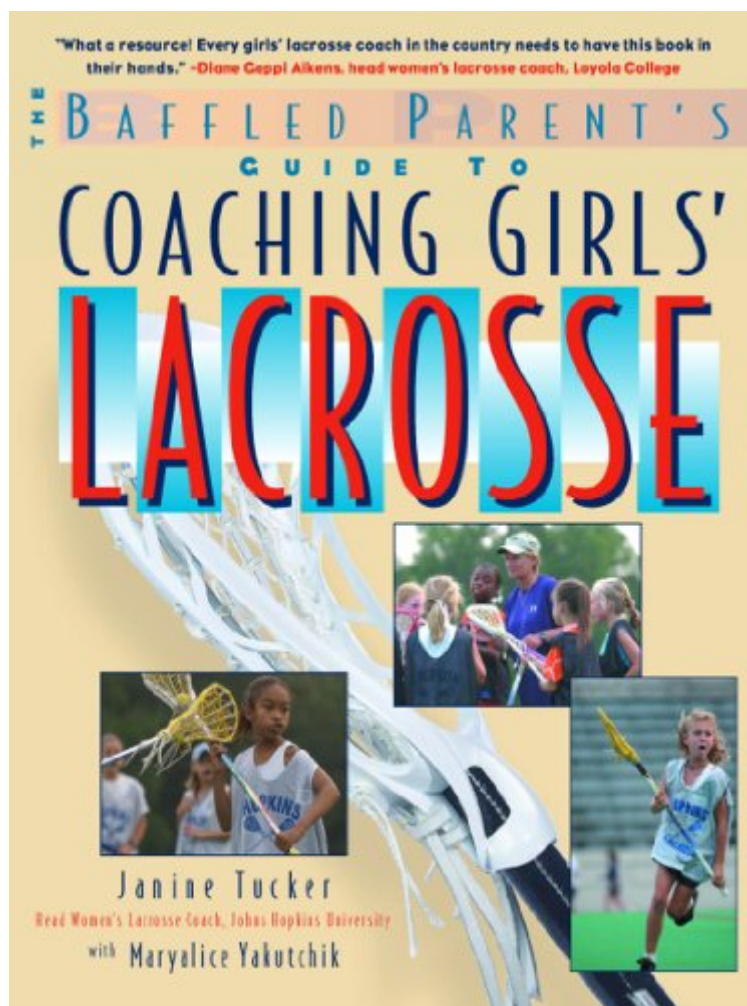


The book was found

The Baffled Parent's Guide To Coaching Girls' Lacrosse (Baffled Parent's Guides)



Synopsis

Lacrosse is one of the nation's fastest-growing youth sports, and the girls' game is overtaking the boys'. Played with different rules and tactics, girls' lacrosse requires its own specialized guidebook. Friendly and encouraging, Coaching Girls' Lacrosse is the first book to provide the fundamentals every unprepared parent needs to teach and motivate a team of 6- to 12-year-olds.

Book Information

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Customer Reviews

My daughters' team needed an assistant coach, I volunteered. Then the head coach was injured and they needed a new head coach, I volunteered. All this happened in less than 24 hours. Having never played lacrosse, I was mortified. I turned to and found this book. Another coach recommended it and I bought it hardcopy and read it cover to cover. I then got the kindle version to use with my iPad during practices. The title of the book says it all. This book explained what I needed to know and how to set up my practices and what to emphasize. My assistant coach downloaded it too so we would be on the same page with respect to the drills we would be running. I can't imagine this endeavor without this book as a guide.

This is a great book. My fiancé played in college and recently started coaching at the college level. I knew nothing about the sport and this book saved me! Between reading this and going to all of the home games, I was running the clock by the end of the season. I highly recommend this book to anyone just getting into the sport.

I have used the drills in this book to coach all levels of the women's game. From junior ball, to high school, and even college club there are drills for all. The drills are extremely easy to understand and explained well. The best part is that they have a "rating" next to each so that you know if you're dealing with a drill for beginners or more advanced players (which is such a help when dealing with the junior and high school level). I have recommended this book for years and will continue to do so.

Great for those new to coaching. It gives good general overviews of bigger concepts and breaks it down to more in-depth ideas. Has sections for specific drills (easy to complex). The one thing this book can't magically improve is skill; that comes with time spent with the ball in stick!

Very helpful for a new coach!! I like that it includes drills.

My 10 year old just got into lacrosse this fall. I knew nothing about the game. This book is great. Considering my coaching history I am sure I will be suckered into coaching in the youth program. This book is of great benefit for this.

Great book for a beginning coach.

A bit dated

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