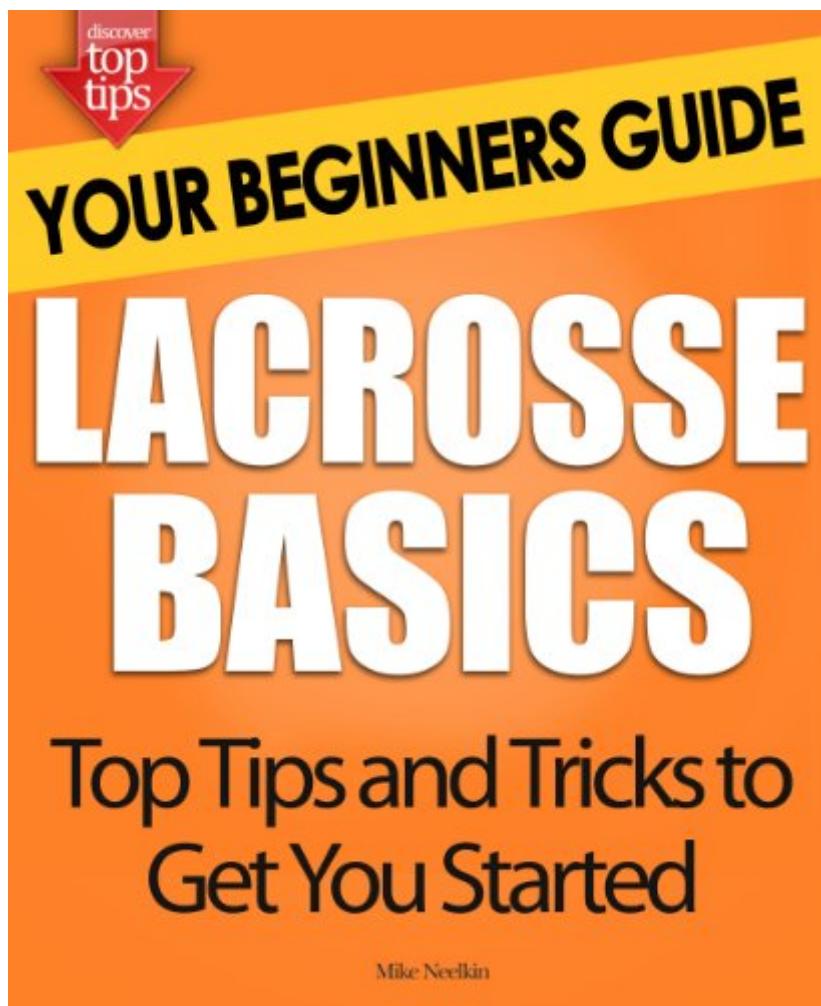


The book was found

# Lacrosse Basics: Your Beginners Guide



## Synopsis

Lacrosse Basics: Your Beginners Guide is a simple and easy-to-apply book in which you will discover lots of tips and tricks you can immediately use to learn the game, in the shortest time possible including:

- Exactly what equipment to buy for a better game.
- Why weight training could improve your game.
- How to strengthen your mental game so you play with confidence, courage, and control.
- How to throw a lacrosse ball the right way

Why The Way You Hold The Stick Can Dramatically Effect Your Game

PLUS lots more bite-size tips to help you play better. Here's a detailed breakdown:

- What Is Lacrosse?
- Types of Lacrosse Play
- Men's Field Lacrosse Rules
- Women's Lacrosse Game Rules
- Box Lacrosse Rules
- 1. The Ball Out-of-Bounds Rule
- 2. The Cross-Checking Rule
- 3. The Crease Play Rule
- 4. The Face-Off Rule
- 5. The Fighting Rule
- 6. Ball Handling Using the Hands Rule
- 7. The Interference Rule
- 8. Kicking the Ball Rule
- 9. The Slashing Rule
- 10. The Over-and-Back Rule

Lacrosse Stick Types

- Attack Sticks
- Midfield Sticks
- Defense Sticks
- Goal Sticks

When Choosing Your Lacrosse Stick

- Lacrosse Equipment and Gear Checklist
- How to Throw a Lacrosse Ball
- Holding the Stick
- Lacrosse Arm Position
- Throwing a Lacrosse Ball
- Body Positioning and Weight Transfer
- Becoming the Best Lacrosse Player that You Can Be
- Stretching All the Way
- Running
- Weight training

Introducing the Players

- The Goalie
- The Defenders
- The Midfielders
- The Attacker

## Book Information

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## Customer Reviews

I bought this book because I knew absolutely zero about Lacrosse, except that my grandson was now playing on his school team. So I wanted to learn the rules so I could be a knowledgeable fan. Unfortunately, this book does not give you the rules; rather, it provides a broad brush overview. It does tell you how many players are on a team and what their positions are. But, e.g., you never learn (1) how the referee decides to call fouls, or if they do; (2) what specific actions can trigger a penalty and what that penalty might be; or (3) how to decide who should get the ball when a shot on goal goes over the back boundary line. (saying the closest player gets it is not particularly helpful). If you need a book that includes at least some of the actual rules (as I did), this is not the one for you.

Probably a little too basic. Although if you have never played or you have a child just starting and you have no personal experience it will at least get you started. Still recommend it though.

I think the book was to short but if you are just starting up with lacrosse then this book can be helpful they are right all you need is to prepare physically and mentally

Bad book it skipped pages And it won't let you read all the pages and it tell you bad info

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Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse)

Lacrosse Basics: Your Beginners Guide Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training The Lacrosse

Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field

Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer

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