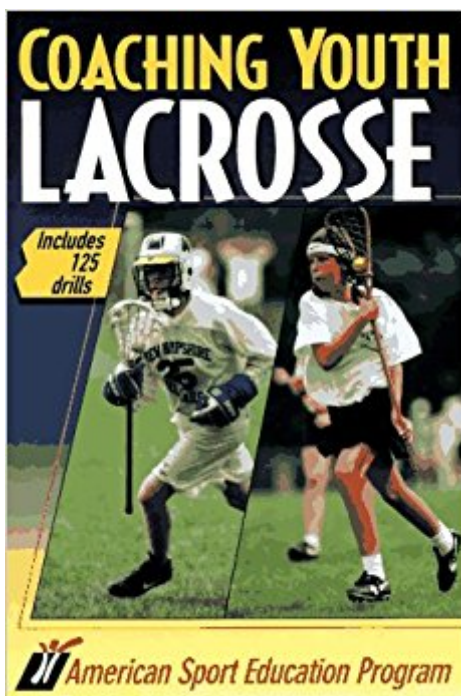


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# Coaching Youth Lacrosse: Includes 125 Drills



## Synopsis

Coaching Youth Lacrosse is a great tool for youth lacrosse coaches working with either boys' or girls' teams. It provides thorough coverage of lacrosse rules, player positions and equipment, game procedures, and scoring. With easy-to-understand descriptions of important skills and 125 drills, this book is an outstanding introduction to the fundamentals of the sport and a practical coaching guide for a successful season. Developed by ASEP, America's premier sport education program, with The Lacrosse Foundation and USL, Inc., Coaching Youth Lacrosse includes 216 illustrations and two sample season plans as part of its comprehensive coverage. The book includes everything beginning boys' and girls' lacrosse coaches need to make their coaching experiences safe, successful, and enjoyable.

## Book Information

Series: Coaching Youth

Paperback: 256 pages

Publisher: Human Kinetics Publishers; Unabridged. Illustrated. edition (February 1997)

Language: English

ISBN-10: 0880116277

ISBN-13: 978-0880116275

Product Dimensions: 9 x 6 x 0.7 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,763,784 in Books (See Top 100 in Books) #73 in [Books > Sports & Outdoors > Other Team Sports > Lacrosse](#) #153 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #707 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > 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

The American Sport Education Program (ASEP) is the most widely used and respected sport education program in the United States. More than 30 states now require ASEP courses for their high school coaches, and more than 200 universities use ASEP courses and resources. Over one

million people; coaches, parents, and directors alike; have used ASEP products since the program began in 1981. The ASEP headquarters is located in Champaign, Illinois.

Vendor did exactly as described & book was precisely as advertised. It is just rather basic, and tries to take on both older boys & older girls lacrosse, which makes it less useful. Diagrams of drills aren't that helpful either.

I was asked to coach girls High School Lacrosse, I never coached before, but played mens, this book was A-Z everything you need to coach girls or boys lacrosse.

The first and only lacrosse coaching book I've bought. Very helpful in teaching basic techniques and organizing practices. Offers many themed games and drills that provide variety and fun for youth practices. Also provides tactical drills and games for "A" teams. I highly recommend this book for any coach looking for some fresh ideas or any prospective coaches looking for an introduction to the sport.

This is the best book that I've read on coaching lacrosse. It's reads very easy and makes it easy to teach. I'd recommend that all new and old coaches read this book at least once.

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