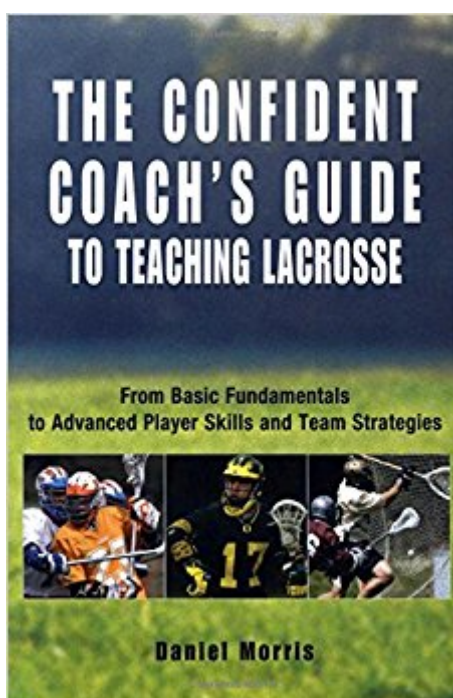


The book was found

# Confident Coach's Guide To Teaching Lacrosse: From Basic Fundamentals To Advanced Player Skills And Team Strategies



## Synopsis

Lacrosse players and coaches alike will benefit from this comprehensive guide that covers stick-and-ball handling techniques, field tactics, and squad and position strategies.

## Book Information

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## Customer Reviews

Within the past decade, lacrosse has seen explosive growth on the elementary, junior high and high school, and college levels, rapidly becoming one of America's most popular playing sports. Lifelong lacrosse player and coach Daniel Morris, along with noted author Michael Morris, distills the essence of this exciting, fast-paced game into one compact volume, teaching everything the beginning and intermediate coach needs to know about the rules, equipment, skills, and drills of this venerable game. Unlike other books on lacrosse, this guide reflects recent important rule changes, as well as the latest techniques in offense and defense, stick-handling, and advances in equipment that have transformed the game as it is played today. Chapters focus on critical elements of individual and team play, conducting practices, skill-building drills, and a playbook of offensive and defensive strategies. A resource list of suppliers, camps, and additional information is included. This is a book that will find a place on every coach's and player's shelf.

Daniel Morris played defense and was president and captain of the lacrosse team at Boston University, where he earned a degree in journalism in 1997. He went on to coach the B.U. team for

the next six seasons as assistant and then head coach, guiding them to a national ranking in the U.S. Lacrosse Men's Division Intercollegiate Associates. Currently, he coaches defense at Boston College and serves as the commissioner and director of the Pioneer Collegiate Lacrosse League. Michael Morris, his father, is a well-known journalist and editor. He lives in Ossining, New York.

Excellent book for beginning lacrosse coaches. It outlines typical practices up to a five day practice week. As you read further in the book it provides different drills that you can plug and play into the practice outline stated in the beginning. For example: Practice Outline: 15 Minutes LINE DRILLS; then the book provides 6 Line Drills, that you can substitute in the outline. It also provides insight from the human side of the game. For instance there are sections on Coach/Parent relationships, Coach/Player relationships, "How to deal with superstars", etc. Very complete manual from rules and fundamentals to tactics and playbook. Hope this helps in your decision of purchase.

It's a very solid book for a new coach or organizer who wants to learn how to become a better teacher. If you haven't done any official training on how to be a coach, this is definitely a good resource to have available but I didn't find too much I didn't already know from coaching a few years. Still, it's something that everyone should probably look into at some point.

I am coaching youth, middle school, and travel lacrosse teams and have very little on-field lacrosse experience. Of the tools I have found, this book is the most straightforward. When I see the most experienced coaches work, they are using the drills in this book. There is still a lack of good books on intermediate lacrosse offensive and defensive strategies, but this handles all the basics.

Just what I needed

I've long been an ice hockey and soccer fan, having coached soccer for about 30 years and own a USSF "D" license (highest state level license available). For the last few years, I've come to enjoy and really follow the game of lacrosse, which has elements of the other two games. Our high school girls have been playing varsity for 9 seasons and the boys have gone varsity after 2 years of club play. There is a move afoot to start a youth club program in my community and I look to get involved there. To firm up my background, I borrowed a number of books on the sport from my local library and the larger city library in downtown Akron, OH. Of the books I read, several were quite good. But the best of the bunch is Daniel Morris' coaching guide, which I bought through . It explains many

aspects of the game I didn't completely understand, even having watched many NCAA games on cable. For anyone interested in the game or looking to get involved in this rapidly growing sport, Morris' book is the way to go.

For the absolute beginner or parent who knows very little about the game this book could be an invaluable tool. To the seasoned vet a lot of the material is nothing new and a bit repetitive.

great book

Good overview

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The Lacrosse Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field  
Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook  
How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle  
Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series)  
Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse)  
The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals  
Lacrosse Team Strategies: The New Offense - Defense System  
Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America  
Training Coach's Guide to Game-Winning Softball Drills: Developing the Essential Skills in Every Player (International Marine-RMP)  
Management: Take Charge of Your Team: Communication, Leadership, Coaching and Conflict Resolution (Team Motivation, Workplace Communications, Employee ... Team Management, Conflict Management)  
Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions)  
Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer Recordbooks)  
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The Team

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