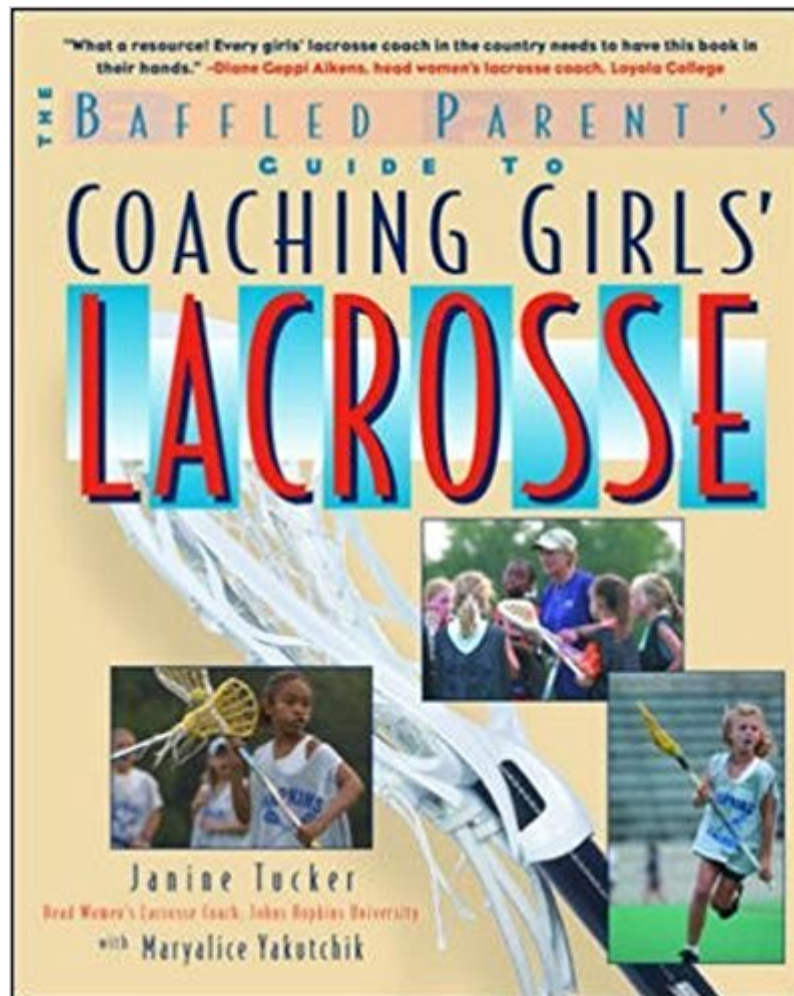


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# Coaching Girls' Lacrosse: A Baffled Parent's Guide



## 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

Series: Baffled Parent's Guides

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Average Customer Review: 4.3 out of 5 stars 20 customer reviews

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## Customer Reviews

"What a resource! Every girls' lacrosse coach in the country needs to have this book in their hands."--Diane Geppi Aikens, head women's lacrosse coach, Loyola College "This book is what the women's lacrosse community has been waiting for! A definitive guide to all aspects of the game, it lays the foundation for success."--Cindy Timchal, head women's lacrosse coach, University of Maryland Coach. You just volunteered to coach your daughter's lacrosse team, and you can't tell a defensive slide from an offensive set or the 12-meter fan from the restraining line. Don't despair--Coaching Girls' Lacrosse is here to help. From your first team meeting to equipment needs to dealing with officials, Coaching Girls' Lacrosse will get you started--and keep you going. You'll learn the basics of girls' lacrosse for 6- to 12-year-olds and you'll find out how the game is changing so you can teach the universal lacrosse skills that will take your players from youth league to college and beyond. You'll be able to school your players in handling the new stick varieties and teach them innovative passing and catching techniques; progressive, relaxed cradling; and creative shots on goal. Here are all the fundamentals of safe physical play, drills for offense and defense, valuable advice about coaching style, and how to make improvement--rather than winning at any cost--the

goal of your season. Before you know it, you'll be coaching players who are moving, learning, gaining confidence, and most of all, having fun. Survive your first practice and game Teach girls' lacrosse as it is played at all levels through college and beyond Design effective practices for your entire season using the examples provided Match your drills to age and ability Make lacrosse fun and rewarding Boost the skills and confidence of all your players "A great resource for youth coaches at all levels. I am especially impressed with the attention given to the rules of the game."  
--Pat Dillon, Rules Chair, US Lacrosse

Janine Tucker has been the head women's lacrosse coach at nationally ranked Johns Hopkins University and the director of the Johns Hopkins All-Star Girls' Lacrosse Camp for ten years. She was an All-American lacrosse player for Loyola College and is a member of the Loyola College Athletic Hall of Fame. Maryalice Yakutchik teaches journalism and creative writing at Loyola College and is a freelance journalist. She played varsity lacrosse for Temple University, was assistant women's lacrosse coach at Kutztown University, and has coached youth-league girls' lacrosse for the past six years.

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 fiance 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 his 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 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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