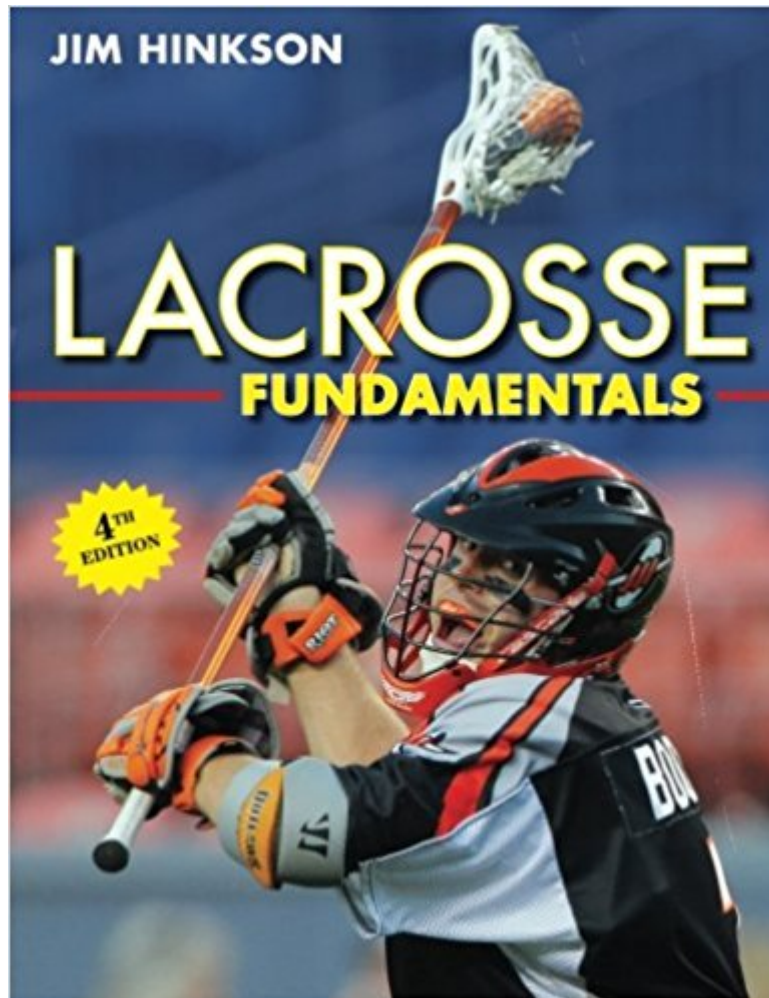




Ebook Directory
the best source of ebook

The book was found

Lacrosse Fundamentals



Synopsis

Describing the components of lacrosse in a step-by-step fashion, author and coach Jim Hinkson clearly explains and illustrates the most effective ways of mastering individual skills for passing, catching, cradling, and checking, as well as tactics and strategies for winning team play. In addition, the book offers dozens of drills applicable to both coaches and players for refining these techniques and contains specific instruction for both the indoor and outdoor game. Written with precision by one of the world's leading authorities on playing and coaching lacrosse and featuring numerous illuminating photographs and illustrations, Lacrosse Fundamentals is ideal for coaches, players, parents, and fans of the sport.

Book Information

Paperback: 208 pages

Publisher: Triumph Books; 4 edition (April 1, 2012)

Language: English

ISBN-10: 1600786936

ISBN-13: 978-1600786938

Product Dimensions: 7.2 x 0.7 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,534,425 in Books (See Top 100 in Books) #62 in [Books > Sports & Outdoors > Other Team Sports > Lacrosse](#)

Customer Reviews

“[Coach Hinkson] does an authoritative job of demonstrating and analyzing the individual fundamentals of the sport . . . [breaking] each of these techniques down to its component parts and telling the reader exactly how to perform and practice them.” —Scholastic Coach magazine

Jim Hinkson is a former lacrosse player on Canada's national team and has both played and coached in the National Lacrosse League. He is the author of *Lacrosse for Dummies* and *Lacrosse Team Strategies*. He was inducted into the Canadian Lacrosse Hall of Fame in 2000. He lives in Haliburton, Ontario.

This book is written mainly from the perspective of the Canadian indoor (box) game. It is written in a

disjointed, almost conversational style that can be difficult to follow and synthesize. The drills are weakly described and thus difficult to follow also. At one point in the book the author says "The most important skill in lacrosse is passing." A few chapters later he says, "Shooting is the most important skill, passing is second." A dose of editing would have benefited this book greatly. Overall there were only a few takeaways I found useful in my work with American youth lacrosse programming. I would not buy this book if I had it to do over.

My 8 year old son reads this every night and finds it very easy to understand. The only recommendation that I would have is to include more illustrations to help explain concepts, positioning, etc. a great book for someone learning lacrosse and one that I have seen directly benefit and improve my son's understanding of the game.

Jim Hinkson's in depth knowledge of lacrosse has taken my coaching in a new direction! Fabulous for new or experienced coaches and players!

Hinkson's the best, and when he's not up to speed on the latest developments, he consults one of his experts, usually a current NLL and/or Canadian Boxla player. Much of what's within is also applicable to field lacrosse, if anyone's particularly interested...

[Download to continue reading...](#)

Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Lacrosse Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer Recordbooks) Sports Illustrated Lacrosse: Fundamentals for Winning Confident Coach's Guide to Teaching Lacrosse: From Basic Fundamentals To Advanced Player Skills And Team Strategies Lacrosse: Fundamentals for Winning (Sports Illustrated Winner's Circle Books) Lacrosse Fundamentals Plastic Injection Molding: Product Design & Material Selection Fundamentals (Vol II: Fundamentals of Injection Molding) (Fundamentals of injection molding series) Plastic Injection Molding: Mold Design and Construction Fundamentals (Fundamentals of Injection Molding) (2673) (Fundamentals of injection molding series) Women's Lacrosse: A Guide for Advanced Players and Coaches Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie American Indian Lacrosse: Little Brother of War Until Proven Innocent: Political Correctness and the Shameful

Injustices of the Duke Lacrosse Rape Case Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Lacrosse: Technique and Tradition, The Second Edition of the Bob Scott Classic Flamethrowers - Guardians of the game: A lacrosse story Jake Jennings: Lacrosse Goalie Coaching Boys' Lacrosse: A Baffled Parent's Guide Kids' Lacrosse Drills: Drills That Work for Elementary School Boys

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)