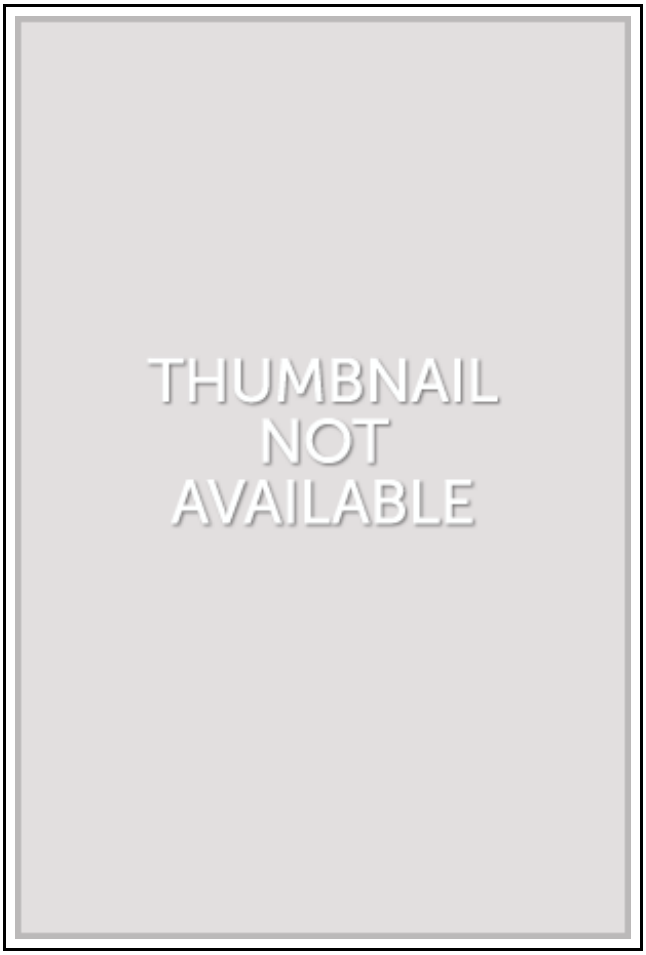
The Baffled Parent's Guide to Coaching Girls' Lacrosse



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Baffled Parent's Guide to Coaching Girls' Lacrosse, Janine Tucker, Maryalice Yakutchik, '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...

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