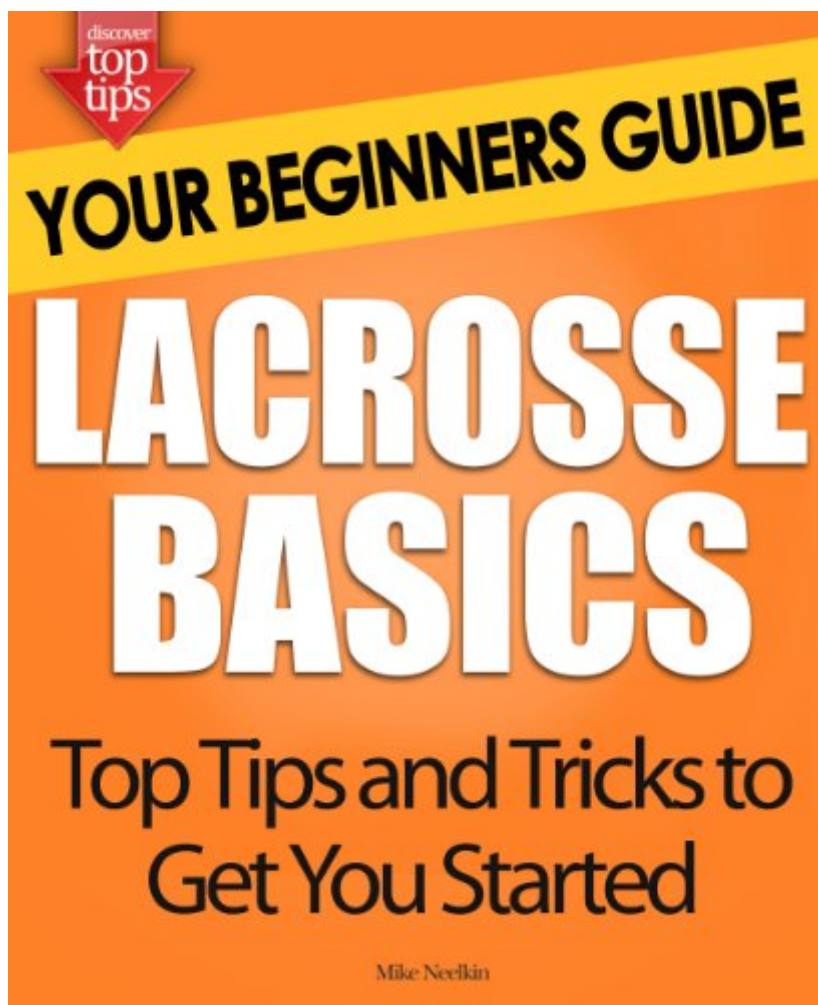


The book was found

Lacrosse Basics: Your Beginners Guide



Synopsis

Lacrosse Basics: Your Beginners Guide is a simple and easy-to-apply book in which you will discover lots of tips and tricks you can immediately use to learn the game, in the shortest time possible including:

- Exactly what equipment to buy for a better game.
- Why weight training could improve your game.
- How to strengthen your mental game so you play with confidence, courage, and control.
- How to throw a lacrosse ball the right way
- Why The Way You Hold The Stick Can Dramatically Effect Your Game

PLUS lots more bite-size tips to help you play better. Here's a detailed breakdown:

- What Is Lacrosse?
- Types of Lacrosse Play
- Men's Field Lacrosse Rules
- Women's Lacrosse Game Rules
- Box Lacrosse Rules
- 1. The Ball Out-of-Bounds Rule
- 2. The Cross-Checking Rule
- 3. The Crease Play Rule
- 4. The Face-Off Rule
- 5. The Fighting Rule
- 6. Ball Handling Using the Hands Rule
- 7. The Interference Rule
- 8. Kicking the Ball Rule
- 9. The Slashing Rule
- 10. The Over-and-Back Rule
- Lacrosse Stick Types
- Attack Sticks
- Midfield Sticks
- Defense Sticks
- Goal Sticks
- When Choosing Your Lacrosse Stick
- Lacrosse Equipment and Gear Checklist
- How to Throw a Lacrosse Ball
- Holding the Stick
- Lacrosse Arm Position
- Throwing a Lacrosse Ball
- Body Positioning and Weight Transfer
- Becoming the Best Lacrosse Player that You Can Be
- Stretching All the Way
- Running
- Weight training
- Lacrosse â Introducing the Players
- The Goalie
- The Defenders
- The Midfielders
- The Attacker

Book Information

File Size: 1123 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 25, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B007235RBA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #661,508 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Lacrosse #51
inÂ Books > Sports & Outdoors > Other Team Sports > Lacrosse #149 inÂ Kindle Store > Kindle
eBooks > Nonfiction > Sports > Racket Sports

Customer Reviews

I bought this book because I knew absolutely zero about Lacrosse, except that my grandson was now playing on his school team. So I wanted to learn the rules so I could be a knowledgeable fan. Unfortunately, this book does not give you the rules; rather, it provides a broad brush overview. It does tell you how many players are on a team and what their positions are. But, e.g., you never learn (1) how the referee decides to call fouls, or if they do; (2) what specific actions can trigger a penalty and what that penalty might be; or (3) how to decide who should get the ball when a shot on goal goes over the back boundary line. (saying the closest player gets it is not particularly helpful). If you need a book that includes at least some of the actual rules (as I did), this is not the one for you.

Bad book it skipped pages And it won't let you read all the pages and it tell you bad info

Probably a little too basic. Although if you have never played or you have a child just starting and you have no personal experience it will at least get you started. Still recommend it though.

I think the book was to short but if you are just starting up with lacrosse then this book can be helpful they are right all you need is to prepare physically and mentally

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

Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse)
Lacrosse Basics: Your Beginners Guide How to Play Lacrosse: Learn How You Can Quickly &
Easily Master Playing Lacrosse The Right Way Even If You're a Beginner, This New & Simple to
Follow Guide Teaches You How Without Failing Reiki: The Ultimate Guide to Mastering Reiki for
Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners -
Meditation ... Beginners - Kundalini For Beginners - Zen) Javascript: A Pocket Key to JavaScript for
beginners (JavaScript Programming, JavaScript Beginners, JavaScript for web developers,
JavaScript Beginners Guide, Java Programming for Beginners) Pokemon Go For Beginners:
Guide, Tips, Tricks (Pokemon Go Guide, Ultimate Guide for Beginners, Pokemon Go for
newbies, Hints, secret, Pokemon Basics, Pokemon Go FAQ, Pokemon Go for Dummies) Blogging for
Beginners: Learn How to Start and Maintain a Successful Blog the Simple Way - BLOGGING for

BEGINNERS/BLOGGING: Blogging for Beginners (Computers ... Design, Blogging, WordPress for Beginners) Permaculture Gardening For Beginners: The Ultimate Practical Guide To Permaculture Gardening And Permaculture Design (Gardening For Beginners, Basics Of Gardening) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) The Complete Guide to Growing Your Own Hops, Malts, and Brewing Herbs: Everything You Need to Know Explained Simply (Back-To-Basics) (Back to Basics Growing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) Evernote Essentials: The Basics of the Most Popular Notebook App for Beginners with pics examples:(101 evernote app, evernote, evernote essentials, evernote for beginners, evernote mastery) Ketogenic Diet: The How To & Not To Guide for beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide for beginners Raising a Lacrosse Champion: A complete guide to unlocking your child's potential Back to Basics: A Complete Guide to Traditional Skills (Back to Basics Guides) Crochet for Beginners: 15 Common Crochet Mistakes and Useful Tips For Beginners: (Crochet patterns, Crochet books, Crochet for beginners, Crochet for Dummies, ... beginner's guide, step-by-step projects) Advancement Rules: Improving Your Lacrosse Officiating Bonsai for Beginners Book: Your Daily Guide for Bonsai Tree Care, Selection, Growing, Tools and Fundamental Bonsai Basics The Basics of Hacking and Penetration Testing: Ethical Hacking and Penetration Testing Made Easy (Syngress Basics Series) Biscuit Joiner Basics (Basics Series)

[Dmca](#)