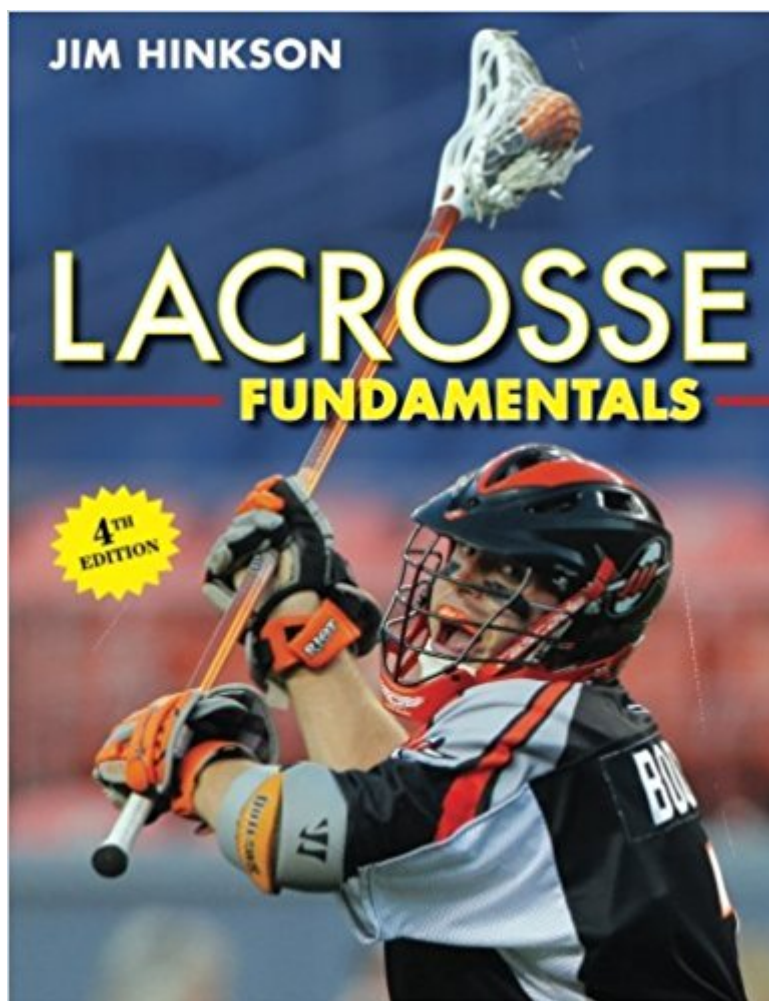




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Lacrosse Fundamentals



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

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Customer Reviews

ÃÂ[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.ÃÂ ÃÂ ÃÂ 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...

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