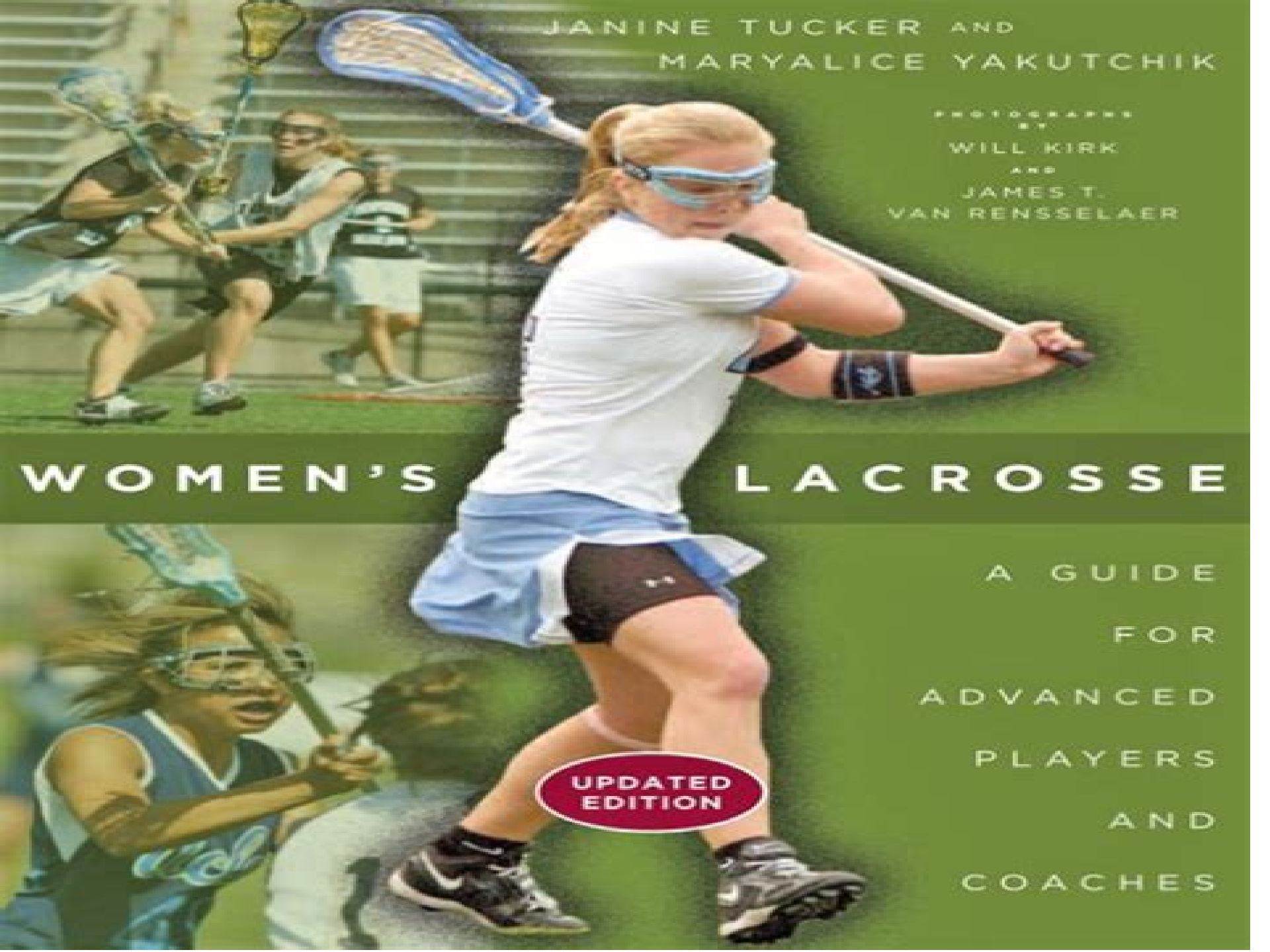




JANINE TUCKER AND
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WOMEN'S

LACROSSE

A GUIDE
FOR
ADVANCED
PLAYERS
AND
COACHES

UPDATED
EDITION

Womens Lacrosse A Guide For Advanced Players And Coaches

Kate Leavell



Womens Lacrosse A Guide For Advanced Players And Coaches:

Women's Lacrosse Janine Tucker, Maryalice Yakutchik, 2008-05-14 Women's lacrosse is one of the fastest growing sports in the United States. As stick technology advances, athleticism increases, and rules and regulations adapt, even the most experienced players and coaches need to keep current on all aspects of the game. Janine Tucker, head women's lacrosse coach at the Johns Hopkins University, and Maryalice Yakutchik, a writer and former lacrosse player, here supply the ultimate guide to women's lacrosse. Each chapter provides a detailed explanation of a specific skill or technique, illustrated with easy-to-read instructional diagrams and photographs. Coach Tucker begins with lacrosse survival skills: throwing, catching, cradling, and scooping ground balls, and then moves on to more advanced techniques such as precise checking, fast footwork, correct stick and body position, deceptive shooting, and quick dodges. Chapters on cutting edge offensive and defensive strategy, as well as specialized skills such as goal tending and the draw, will get any team ready to hit the field. For young women who want to play at the college level, the concluding chapter on recruiting offers a timeline, testimony from players, parents, and college coaches who have been through the process, and a sample résumé.

Women's Lacrosse Janine Tucker, Maryalice Yakutchik, 2014-02-15 Highlighting the most current strategies and tactics in the game today, *Women's Lacrosse* is a comprehensive instructional guide for coaches and players at all levels.

Lacrosse and Its Greatest Players Britannica Educational Publishing, 2015-01-01 The oldest organized sport in North America, lacrosse was first played by the Six Nations of the Iroquois and later adopted by European settlers in the nineteenth century. The game has evolved into a thrilling, fast-paced field sport enjoyed by players of all ages. In addition to the thousands of youth and college teams, professional leagues in the United States and Canada have raised the level of competition. Readers will discover the rules and levels of play and be introduced to some of the most accomplished lacrosse players of the past and present.

Lacrosse, *Lacrosse* Gary Wiener, 2017-07-15 Lacrosse is quickly becoming one of the most popular sports played by young men and women in North America. In order to fully understand this exciting sport and play it safely and successfully, it helps to have a strong understanding of the science behind it. Readers discover the ways science, technology, engineering, and math are used together on the lacrosse field. This engaging take on familiar STEM topics is sure to delight readers who are sports fans. The fact-filled main text is enhanced by the use of accessible diagrams, fun fact boxes, informative sidebars, and exciting photographs of lacrosse games.

Modern Sports around the World David Asa Schwartz, 2021-06-14 This superbly written volume will appeal to sports and physical education students, researchers in foreign policy, gender studies, history, politics, sociology, and technology, and general high school and college readers who enjoy the odd sports history factoid. Library Journal Sports have become an international spectacle that influences nations, foreign policy, world economies, and regional morale. Hundreds of billions of dollars are at stake as governments and multinational corporations rush to make sure they have a place at the table. And yet sports come from humble beginnings. We are fascinated by who can run the fastest, lift

the most weight jump the highest swim the farthest and act with the most precision The history of sports is the history of the world Each chapter features one sport and details that sport s origins global migration economic forces media influences political environment pop culture inspirations scandalous moments and key individuals Sports history is a tapestry of sociological variables this text weaves them together to create a unique history book that explains not only where humanity has been but where it might be going *The Baffled Parent's Guide to Coaching Girls' Lacrosse* Janine Tucker, Maryalice Yakutchik, 2003-04-22 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 **Coaches' Emergency Practice Guide for Girls Lacrosse** Kate Leavell, 2017-10-30 Youth girls lacrosse coaches now have the drills their players are going to beg to play Practices that are fun bring out the player engagement coaches need for effective learning and player retention Inside you will find drills skills games practice plan guides and developmental considerations specifically created to assist the coaches of youth athletes NOW with added bonus material for more advanced players coaches guide 2 0 [Great Athletes](#) ,2010 **Book Review Index - 2009 Cumulation** Dana Ferguson, 2009-08 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year

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