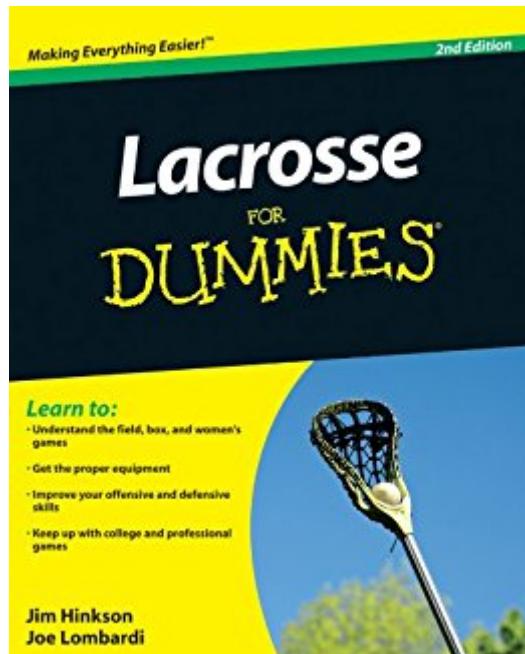


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# Lacrosse For Dummies



## **Synopsis**

Lacrosse For Dummies is the ultimate guide for fans and players of this rapidly growing sport alike. The book offers everything the beginning player needs to know, from the necessary equipment to the basic rules of the game, with explanations of the women's game and the indoor game, too. It also offers a wealth of information for the experienced player, including winning offensive and defensive strategies, along with skill-building exercises and drills. Finally, there's information on how armchair lacrosse players can get their fix of the sport on television, online, or in print.

## **Book Information**

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## **Customer Reviews**

The first book was more for indoor lacrosse but the 2nd edition is far more. I am a current player, and give this book a good big 5. Lacrosse for Dummies 2nd Edition is a great book for when you don't know a specific term or technique, you can just basically flip open a book and turn to the page for an excellent explanation. This book goes over not only the mens, but also the girls and the box game. It is also a MUST read for any coach because it comes with many drills and plays along with specific techniques to teach the developing, intermediate, and the advanced player. The 2nd edition is a COMPLETELY different book, everyone should disregard the old reviews.

I'm a senior athlete who now plays baseball and once played football, soccer, and basketball, as well as some other occasional sports such as tennis and golf. This book was helpful to me when my daughter took up lacrosse in high school. I wanted to understand what was going on when she practiced and in games. It's still foreign, but I understand the basics of the game and the tactics now.

My sons and daughter play lacrosse. I never heard of the sport before moving to New England. I bought this book in the hopes that if I understood it more, maybe I would have a better attitude towards the sport. This book was only sort of informative. The book is also old - from 2005, and this sport at all levels has developed passed what was covered. I would have preferred the book be organized or "rotated" differently because it was hard to follow. The game rules really needed a grid-comparison between the various youth-levels and by gender. There are many useless statements, paragraphs, and commentary throughout the book that are merely filler. Questions I still had after reading the book include\* What is the normal lacrosse season\* How many games are played\* What is the standard/expected practice schedule\* Exactly what are the details to look for in equipment\* Still did not understand the types of positions or plays\* Still did not understand how all the penalties work, when they are called, on who, and how much license or league variations are expected. I would recommend finding a different book than this.

The new edition of Lacrosse for Dummies was as interesting as it was informative. It is not to be confused with the first edition that focused on box lacrosse. The new edition has it all, but mostly spotlights the more popular field game. There is a good mix of instructional info (the chapter on faceoffs/groundballs/rides/clears was especially outstanding) but there is also plenty on the history of the game and how it has grown to become so popular. There are a lot of good anecdotes and tips from college and pro players. I especially liked the info at the back of the book which included a listing of 10 of the best players of all time as well as media outlets that cover the sport, including websites. The new edition is a must for both longtime fans and followers as well as newcomers to the game.

This is a great resource for people who want to know more about the game. Our son started playing and I had many questions. It was not easy for me to follow all of the intricate rules. A coach recommended this book to me. It is basic. It is not a book I would read cover to cover but it has information for both boys and girls LAX.

This book left no stone unturned when it comes to lacrosse. It had plays, strategy, rules and background on the history of the game and why it's so popular. It's a must for laxheads as well as those new to the game.

We got this for my father in law b/c he kept complaining that he was having too much trouble following my daughter's games. This seems to have done the trick, he's much more interested in the action and less in yelling at the refs.

I found "Lacrosse for Dummies" to be not only informative, but interesting, as well. I bought it to gain more knowledge about the sport, as it is growing so rapidly in the United States. The book did just that- and more. The format was inviting, clear, and easy to read, an important factor in today's fast-paced world. I, especially, enjoyed learning about the derivation of lacrosse. That was fascinating- something I did not know. Thank you for making this book possible for all us dummies out there, who will be far from that after we read it.

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