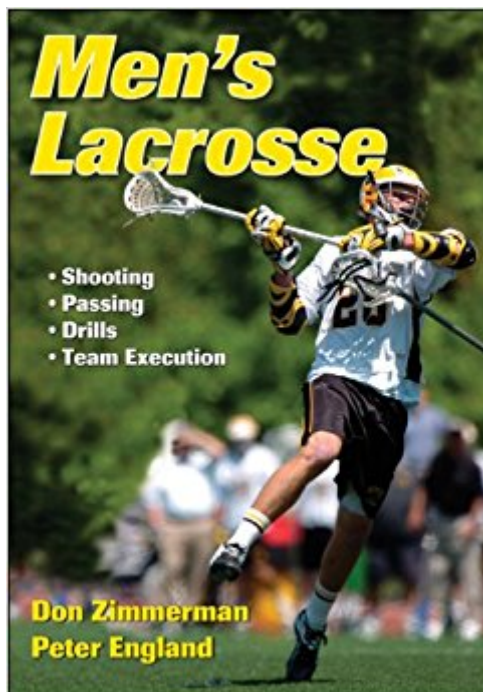


The book was found

Men's Lacrosse



Synopsis

In Men's Lacrosse, coaching legend Don Zimmerman joins forces with Peter England to present the skills and strategies you need to take your game to the next level. From individual technique to team execution, Men's Lacrosse covers it all. With detailed instruction, expert advice, and personal insights from a Hall of Fame coach, you'll learn to improve these skills:

- Fundamentals such as passing, scooping, feeding, cutting, dodging, and finishing
- Shot power, accuracy, selection, and placement for high-percentage scoring
- Goalkeeping techniques such as stick work, clearing, positioning, and challenging shots
- Offensive opportunities by using field position, forcing turnovers, and taking advantage of player match-ups

You'll also find more than 25 of the very best drills for skill development, training and conditioning, and team execution. With in-depth coverage of the most effective offensive and defensive schemes, tactics, and strategies for today's game, Men's Lacrosse is essential reading for serious players and coaches alike.

Book Information

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Customer Reviews

"Don Zimmerman is not only a great coach but a great teacher. Men's Lacrosse demonstrates his unique understanding of the game's big picture as well as the methods necessary for becoming an outstanding player."

• Bill Tierney-- Head Men's Lacrosse Coach University of Denver

"Don Zimmerman is one of the truly great coaches of our time. In an era filled with flash and no substance, Coach Zimmerman makes it cool to focus on the fundamentals of the game. Men's Lacrosse is a must-read for players and coaches alike. You won't be disappointed!"

Dave Pietramala-- Head Men's Lacrosse Coach Johns Hopkins University

Don Zimmerman has over 39 years of experience in coaching lacrosse and has been a Division I college head coach for over 27 years. Coach Zimmerman's career has taken him to Princeton University, the University of North Carolina, Johns Hopkins University, Loyola University Maryland, and the University of Maryland at Baltimore County (UMBC), a position he has held since 1994. Zimmerman was instrumental in winning NCAA national championships at North Carolina (1981 and 1982) and Johns Hopkins (1984, 1985, and 1987). He led the UMBC Retrievers to four consecutive NCAA Division I tournament appearances from 2006 to 2009, a feat accomplished for the first time in the school's Division I lacrosse history. Zimmerman is considered one of the preeminent teachers of the game and has taught lacrosse on four continents: North America, South America, Europe, and Asia. In 2002 he was honored with induction into the Greater Baltimore Chapter of the United States Lacrosse Hall of Fame. Zimmerman was named America East Conference Coach of the Year by his colleagues in both 2008 and 2009 and was the 2008 Coach of the Year in LaxPower men's lacrosse Fan Awards. He achieved career win 200 in 2010 and is 10th among active coaches with 202 victories in 24 campaigns. Zimmerman lives in Baltimore, Maryland. Peter England was a member of Coach Zimmerman's staff at John Hopkins University. Since 1991 he has been an advanced team scout for the Johns Hopkins lacrosse program, working with coaches Tony Seaman (1991-1998), John Haus (1999-2000), and Dave Pietramala (2001-present). England lives in Glen Burnie, Maryland.

I have been away from lacrosse for 20 years and now coach my son. The information in this book has helped me immensely to understand how the game is played today. I recommend this book to anyone that is not an expert coach in the sport of Lacrosse. After reading the book you will walk away a better Coach, Player or fan. Dutchess County, New York

Excellent book. Great resource for players and coaches. Great pics and diagrams as well as technique, philosophies and drills for lacrosse.

I've just started playing lax (at 42) in a masters league as well as assistant coaching my son's team. This book was well written, comprehensive and a big asset.

Don and Pete did a great job with this book, clear and easy to understand good for any level coach or player!

good resource for teen age lacrosse player

Great book that is current. Good illustrations and explanations.

great!

Great book teaching the basics and providing good drills to use at all levels of the game. Must have for any youth coach.

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