



Coaching Youth Lacrosse: Includes 125 Drills

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Coaching Youth Lacrosse is a great tool for youth lacrosse coaches working with either boys' or girls' teams. It provides thorough coverage of lacrosse rules, player positions and equipment, game procedures, and scoring. With easy-to-understand descriptions of important skills and 125 drills, this book is an outstanding introduction to the fundamentals of the sport and a practical coaching guide for a successful season. Developed by ASEP, America's premier sport education program, with The Lacrosse Foundation and USL, Inc., Coaching Youth Lacrosse includes 216 illustrations and two sample season plans as part of its comprehensive coverage. The book includes everything beginning boys' and girls' lacrosse coaches need to make their coaching experiences safe, successful, and enjoyable.

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