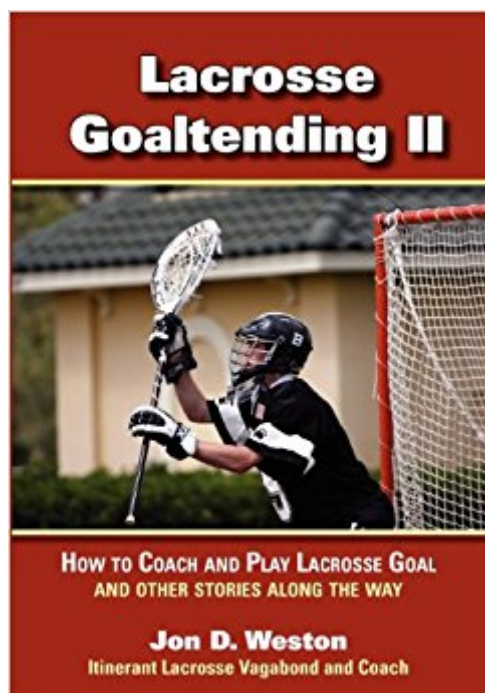


The book was found

Lacrosse Goaltending II



Synopsis

The authoritative book on how to coach and play field lacrosse goalie. With sections on basics, attitude, advanced play, drills and a unique new section on grading the goalie and planning improvements, Lax Goaltending II is unique in an already exciting and unique sport

Book Information

Paperback: 176 pages

Publisher: Weston Lacrosse; Revised ed. edition (June 3, 2008)

Language: English

ISBN-10: 0980127300

ISBN-13: 978-0980127300

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,933,820 in Books (See Top 100 in Books) #90 in Books > Sports & Outdoors > Other Team Sports > Lacrosse

Customer Reviews

Having met Jon and having my son attend several training sessions I can tell you that he is a wealth of information on goaltending. My son, now heading off to college, still picks this up, takes notes, and uses the information to help out his teammates. If you've never met Jon you should try to. After meeting him and then reading the book, I can see Jon delivering his lessons. Quite a treat!

Every goalie who has not read this book is missing out. The instruction here is second to none. Must read!

This book is hands down the absolute best product out there on goalie coaching. As a former goalie, I went back to my high school Alma mater to help coach and I found myself having a hard time translating the techniques and knowledge that I either had drilled into my head over the years or did instinctively, into something I could teach new keepers. This book changed that, the techniques in it are effective and explained simply and thoroughly. There are plenty of pictures that help give a visual to what is being described. My only complaint would be that it has a lot of formatting errors. It looks like it is self-published and I wish it was a little more polished. The table of contents will have you turning to pages in the middle of chapters, and some pages will reference

charts that either don't exist, aren't labeled properly or are pages ahead or behind the actual page referencing the chart. Also, despite what the name may lead you to believe, there is no Lacrosse Goaltending I. This isn't part of a series, to the best of my knowledge the II stands for second edition. If you're looking to improve your own game or help improve the game of those you coach, you won't find a better, more up-to-date book.

Jon Weston is the true "goalieman". At 62, he's still stopping shots. His understanding and first-hand knowledge of the art of goaltending comes through in this book. Whether you are a youth league coach or goalie, just starting out, or a seasoned veteran, there is something in this book for you. Did I forget to mention girls lacrosse? "Lacrosse Goaltending 2" is for you, as well. This book is the ultimate handbook for goalies and a must for anyone planning on playing the position beyond rec level.

This guy is pompous & clueless. His claim to fame are close "inside" connections with Div I coaches. Total know it all that never played the game.

[Download to continue reading...](#)

Lacrosse Goaltending II Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Lacrosse Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Lacrosse Field Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training Lacrosse Warrior: The Life of Mohawk Lacrosse Champion Gaylord Powless (Lorimer Recordbooks) Hockey Goaltending for Young Players: An Instructional Guide Hockey Goaltending The Power Within: Discovering the Path to Elite Goaltending Hockey The NHL Way: Goaltending Off the Post : The Goaltending Instructional book for the Advanced Goaltenders! Women's Lacrosse: A Guide for Advanced Players and Coaches Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie American Indian Lacrosse: Little Brother of War Until Proven Innocent: Political Correctness and the Shameful Injustices of the Duke Lacrosse Rape Case Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Lacrosse: Technique and Tradition, The Second Edition of the Bob Scott Classic Sports Illustrated Lacrosse: Fundamentals for Winning Flamethrowers - Guardians of the game: A lacrosse story Jake Jennings: Lacrosse Goalie Coaching Boys' Lacrosse: A Baffled Parent's Guide

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)