



Lacrosse For Dummies

James Hinkson, Joe Lombardi

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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, on in print.

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