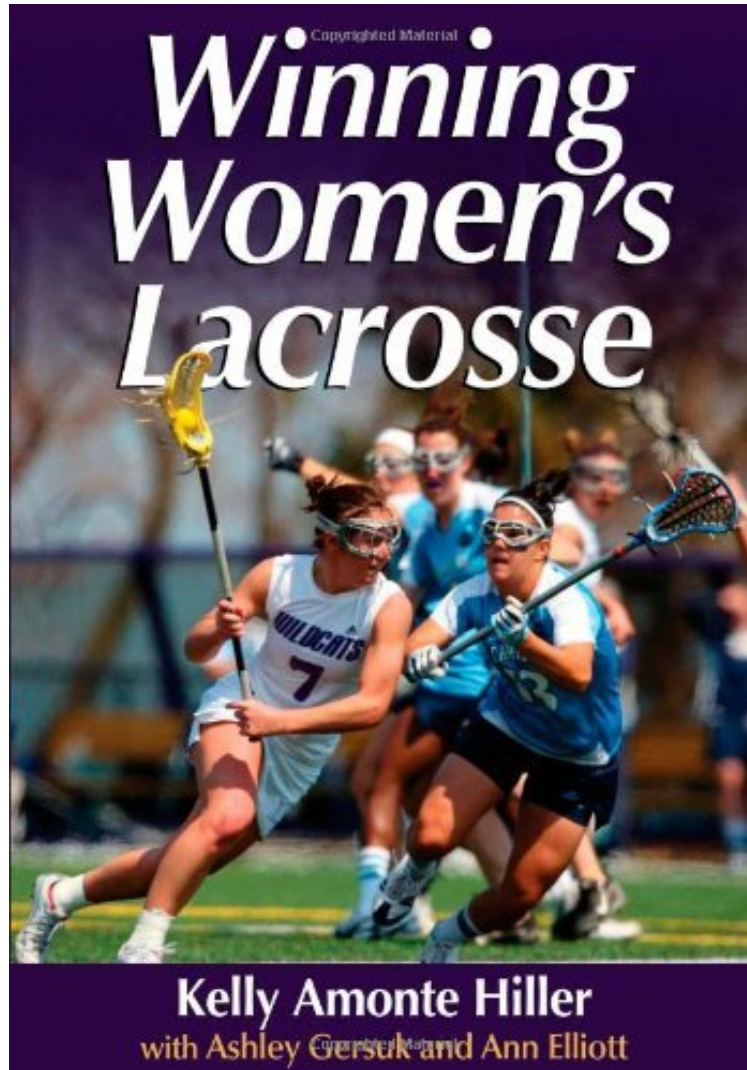


Winning Women's Lacrosse

Von Kelly Amonte Hiller

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Von Kelly Amonte Hiller : Winning Women's Lacrosse before purchasing it in order to gage whether or not it would be worth my time, and all praised Winning Women's Lacrosse:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Gut fr Anfngerinnen und FortgeschritteneVon MadeleineUnter den verfgbaren Bchern zum Coachen von Lacrosse bestimmt das Beste. Leider sind zu wenige Anfngerdrills darin enthalten, jedoch werden die Basics gut erklrt und vorallem die Drills fr fortgeschrittene Spielerinnen sind gut geeignet. Im Groen und Ganzen ein gutes Buch fr Coaches und jene, die

es noch werden wollen!

Kurzbeschreibung The sport's best instruction from the sport's top coach! In *Winning Women's Lacrosse*, renowned coach Kelly Amonte Hiller shares the expertise that has developed some of the game's premier players, and have made her team a perennial powerhouse on the national scene. *Winning Women's Lacrosse* covers it all. Through expert instruction, coaching tips, and one-of-a-kind insights into the sport, you'll learn to-develop the individual offensive and defensive skills of the game,-master the specialty skills of field players and goalkeepers,-train like a champion with sport-specific conditioning drills,-sharpen individual and team execution with situational drills, and-maximize potential by making the most out of practice time. Whether you're a player or a coach, *Winning Women's Lacrosse* will prepare you for success at every level. Let it be your guide to championship play.

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ber den Autor und weitere Mitwirkende Kelly Amonte Hiller has served as the head women's lacrosse coach at Northwestern University since 2001. During her time at Northwestern, Amonte Hiller has transformed a club level team into an NCAA Division 1 dynasty. In 2012, her team won the NCAA Women's Lacrosse Championships for the seventh time in eight seasons, with eight consecutive appearances in the NCAA title game in that time frame. Since the 2004 season, Amonte Hiller has amassed an overall record of 183-12 (.938) and is 32-2 in the NCAA tournament as a coach. Along the way, Northwestern has won eight American Lacrosse Conference titles, produced the nation's Tewaaraton Award winner in six different seasons and featured 37 IWLCA All-Americans. Amonte Hiller was named American Lacrosse Conference Coach of the Year in 2004, 2005, 2006, 2007, 2009, and 2010. Before joining the coaching staff at Northwestern University, Amonte Hiller was an assistant coach at Brown, Umass, and Boston University. Amonte Hiller played college lacrosse for the University of Maryland where she won two national championships as a player, was a four-time All-American standout, and won back to back IWLCA National Player of the Year honors. In October 2012, she will be inducted into the U.S. Lacrosse Hall of Fame for her performance as a player at Maryland. She was also named the 1996 ACC Female Athlete of the Year. After her college career, Kelly played for the U.S. national team, where she was a member of the 1997 and 2001 World Cup championship teams.