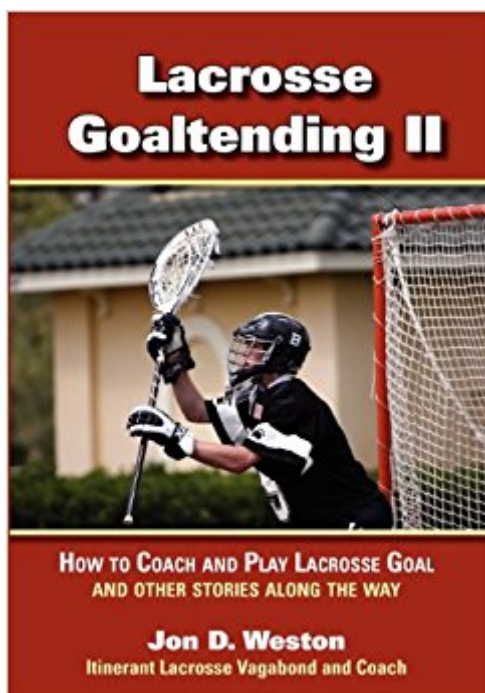


The book was found

# 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

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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 his 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.

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