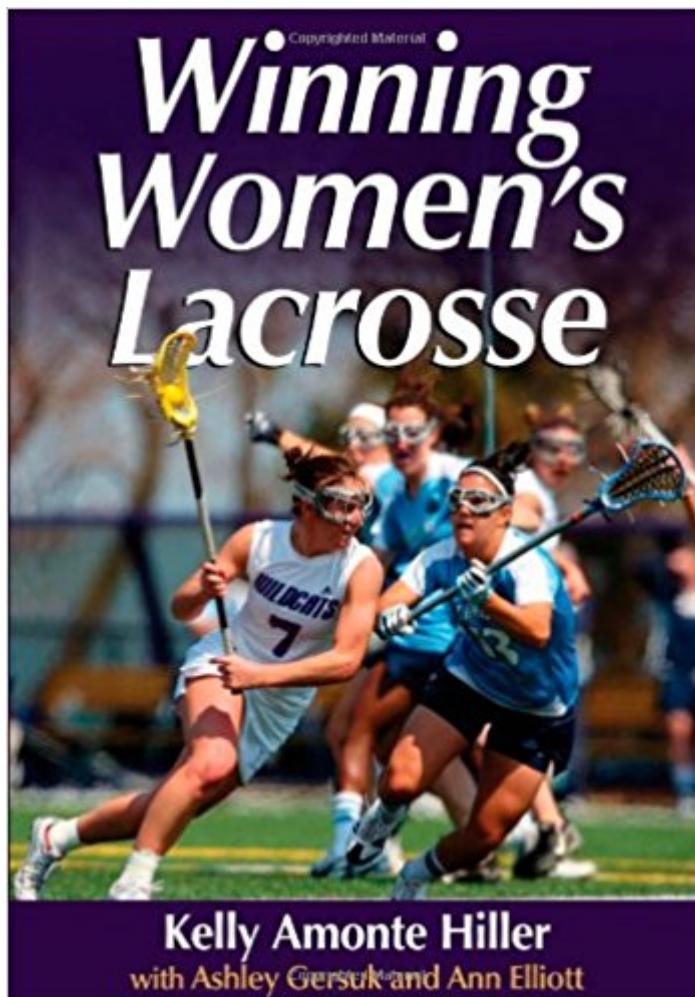


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# Winning Women's Lacrosse



## Synopsis

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.

## Book Information

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## Customer Reviews

"Kelly Amonte Hiller is a winner and has proven techniques for developing championship-caliber players. In *Winning Women's Lacrosse*, Kelly demonstrates her innovative approach to coaching while providing players with the tools to compete at the highest level." Cindy TimchalWomen's Lacrosse Head Coach for Navy "Kelly Amonte Hiller's innovative style of coaching is on a level above and beyond that of the competition. In *Winning Women's Lacrosse*, Amonte Hiller provides you with the perfect tools to elevate every aspect of your game." Kristen KjellmanU.S. National Elite Team

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.

By way of background I have been coaching youth girls lacrosse for several years and I am Level 2 certified by US Lacrosse. Having said that this book taught me lots of new things, and I wish I had come across it earlier - like my first season! This is THE book every girls/womens lacrosse coach needs to have at a minimum. As the Commissioner of our local girls lacrosse organization I am going to be recommending all the coaches get a copy. It covers all facets of the game, plus drills for specific and general usage. Sample practice plans are handy for new coaches as well. Easily understood, even someone new to lacrosse should be able to pick this up and very quickly be knowledgeable about the game and how to coach a team.

Excellent book. It is a must have for every womens lacrosse coach's library. It's clear, and concise while packed with valuable information. I would suggest re-reading it in a year. While I have coached before and knew 90% of the information in the book, it was still an invaluable tool as I took a hard look at my team and our preparation for the upcoming season.

I wish I had bought this book when my daughter first started playing lacrosse two years ago, and it should be mandatory reading for any girls lacrosse coaches, at least below the high school level

(and maybe at that level too). Yes, you can get info other places, but this puts it all in one place. It was so good that I also bought the Amonte video on the basics, which is a great supplement to the book although much more expensive.

This is a well-organized, practical book for coaches and players of all ages and levels from two coaches and former players who know what they're talking about.

Great book. There are many useful drills in this book that I have incorporated into practice.

Great book, my daughter loves it!

So far this has been a very helpful book. I played lacrosse for a long time but this has given small details to help me coach players.

This is a great book for students of the game. It helped me to understand the basics and what I needed to teach.

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