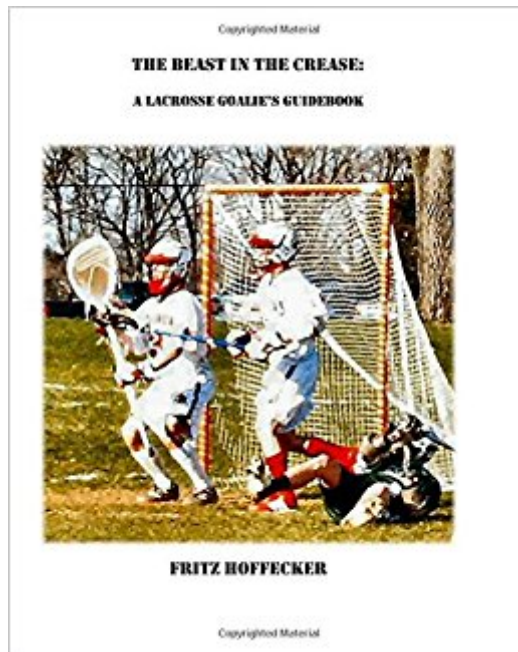




The book was found

The Beast In The Crease: A Lacrosse Goalie's Guidebook



Synopsis

Fritz Hoffecker has been a lacrosse goalie since 1962--at high school in Maryland, as a starter at Princeton, and as a semi-legendary club goalie for 40 years. In *The Beast in the Crease*, he shares everything he's learned about how to be a great goalie. The book covers many subjects, such as: Attitude, Equipment, Focus, Watching the Ball, Stance, Stepping to the Ball, Stickwork, Clearing, Goalie Conditioning, Man-down, Fast Breaks, 1-on-1s, Screens, Baiting, Drills, Fritz' Personal Techniques and Tricks. Over 150 color photos and 35 diagrams. A must-read for every goalie-from the kid just starting out to the college starter who's in a slump. Coaches will learn practice techniques, pre-game prep, special conditioning tips, and much, much more. Fritz is fresh off being invited to a 2008 tryout with the Washington Bayhawks of Major League Lacrosse. He didn't make the squad but in 25 minutes of play against players less than half his age, he had 7 saves and allowed just 2 goals.

Book Information

Paperback: 230 pages

Publisher: Fritz Hoffecker (September 22, 2008)

Language: English

ISBN-10: 0615221971

ISBN-13: 978-0615221977

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,437,243 in Books (See Top 100 in Books) #59 in [Books > Sports & Outdoors > Other Team Sports > Lacrosse](#)

Customer Reviews

Fritz Hoffecker grew up in Maryland, a traditional lacrosse hotbed, and has been playing goalie since 1962. He first won a varsity letter as a starter at the age of 13, and went on to become a starting goalie at Princeton. From Maryland to Virginia, and even to California, he has played club lacrosse and is still a highly competitive goalie at the age of 59. The Major Lacrosse League's Washington Bayhawks invited him to tryouts in 2007 and 2008, and he did well against the best young players in the country. As a youth and high school goalie coach for several years, Fritz has helped many young goalies learn the basics, improve their skills and move on to become starters in high school. He also coached the goalies at a Division I college until "real" job duties took too

much of his time.

This is an excellent instructional book for beginner or experienced goalies. I purchased this my grandson, a HS freshman lacrosse goalie. He devoured the content wanting to perfect his play at that position. I believe he learned as much (or more) from this book than he did from his HS coaches.

Great book with tons of info on a somewhat obscure subject; lacrosse goal keeping. My son loves it and has taken a lot of useful info from it, although he is really not that much into reading any book.

This book was helpful not just to my son, the goalie, but also his defensemen brothers. It gave recommendations for fitness, fundamentals, as well as various plays. There were many illustrations and examples throughout the book.

Good stuff for goalies of all levels

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

The Beast In The Crease: A Lacrosse Goalie's Guidebook Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie Goalie Mindset Secrets: 7 Must Have Goalie Mindset Secrets You Don't Learn in School! Jake Jennings: Lacrosse Goalie 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) Beauty and the Beast (Disney Beauty and the Beast) (Little Golden Book) Beauty and the Beast Deluxe Step into Reading (Disney Beauty and the Beast) The Virgin and the Beast: a Dark Erotic Beauty and the Beast Tale Beauty and the Beast: Belle's Library: A collection of literary quotes and inspirational musings (Disney Beauty and the Beast) Fat For Fuel Diet Recipes: 10 Days Ketogenic Meal Plan to help you Combat Cancer, Boost Brain Power, and In-crease Your Energy! Using Low carb, Sugar Free Ketogenic Diet! A Matter of Inches: How I Survived in the Crease and Beyond Brodeur: Beyond the Crease The Hockey Goalie's Complete Guide: An Indispensable Development Plan 44 Secrets for Great Soccer Goalie Skills Between Two Worlds: Discovering New Realms of Goalie Development The Youngest Goalie (Warwick Sports Young Adult Novels) Mike Richter: Gotham Goalie (Superstar Hockey Series, 2)

Contact Us

DMCA

Privacy

FAQ & Help