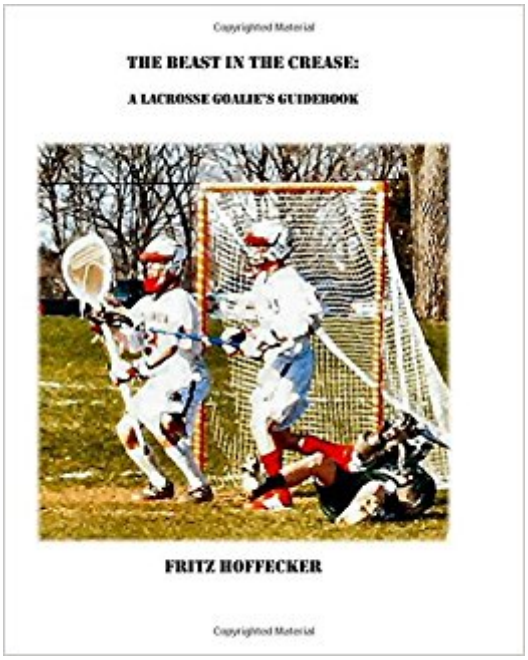
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The Beast In The Crease: A Lacrosse Goalie's Guidebook



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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

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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. Ã Â 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

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