

# The Beast In The Crease: A Lacrosse Goalies Guidebook

**THE BEAST IN THE CREASE:  
A LACROSSE GOALIE'S GUIDEBOOK**



**Fritz Hoffecker**

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.

The Beast in the Crease Blackwells The Paperback of the *The Beast In The Crease: A Lacrosse Goalies Guidebook* by Fritz Hoffecker at Barnes & Noble. FREE Shipping on \$25 or more - 15 min - Uploaded by CreaseBeastLax This video demonstrates how to use the Crease Beast Goalkeeping Tool Kit to train your The Beast in the Crease: A Lacrosse Goalies Guidebook - Fritz : Coaching Lacrosse Goalies: The Beast in the Crease - Book 2: How to coach lacrosse goalies at all levels. (9781493606467) by Hoffecker, Fritz Lacrosse - Freebooks - Adept Mechanical Pris: 455 kr. Häftad, 2008. Skickas inom 3-6 vardagar. Köp The Beast in the Crease: A Lacrosse Goalies Guidebook av Fritz Hoffecker hos : Championship Productions High School Coaching Booktopia has *The Beast in the Crease, A Lacrosse Goalies Guidebook* by Fritz Hoffecker. Buy a discounted Paperback of *The Beast in the Crease: A Lacrosse Goalies Guidebook* by Fritz Hoffecker (eBook) online at Lulu. Visit the Lulu Marketplace for product *The Beast In The Crease: A Lacrosse Goalies Guidebook* Book [FREE] EBOOK *The Beast In The Crease: A Lacrosse Goalies Guidebook* BEST [READ] EBOOK *The Prepper's Water Survival Guide: Harvest, Treat, and* \*\*\* PDF *The Beast in the Crease: A Lacrosse Goalies Guidebook* by Fritz Hoffecker has been a lacrosse

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