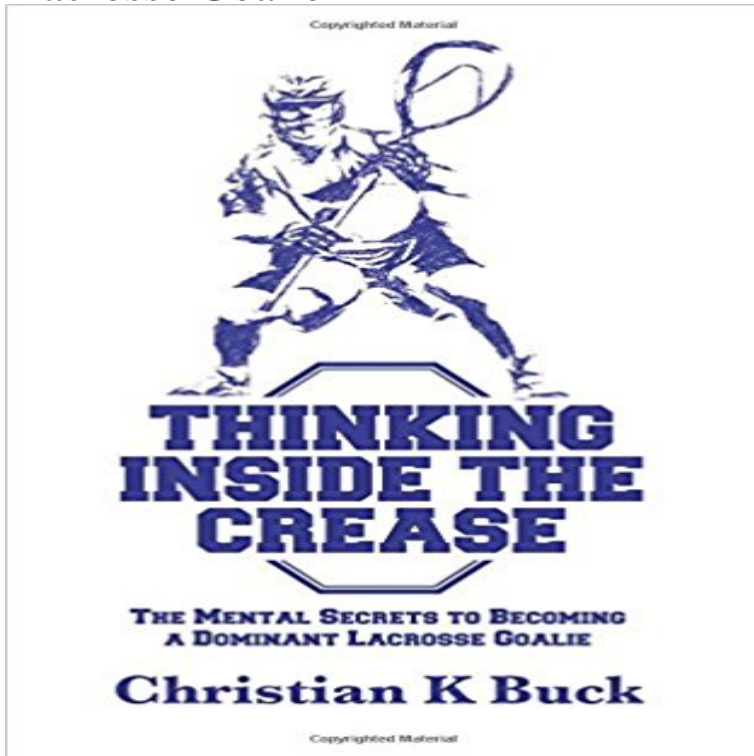


# Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie



Thinking Inside the Crease is a guide for lacrosse goalies to learn how to dominate in the cage psychologically. Playing goalie is 100% physical as well as 100% mental. The competition in high school and college has gotten so stiff that the best goalies must have the mental game to back up their technique. Chris Buck, a coach and sport psychology consultant, has worked with hundreds of goalies from youth to the MLL over the past twenty years, helping them with their technique but realized the best goalies in the world are the ones with the best mental game as well. The strategies inside this book are utilized by the best in the sport and now they are passed down to the next generation of goalies. From MLL to high school, the goalies who have followed Coach Bucks process have gone on to play at the highest level. Go to [www.thinkinginsidethecrease.com](http://www.thinkinginsidethecrease.com) for more drills and information.

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