

## Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning)

By Corey Crane

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### Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) By Corey Crane

A comprehensive 52-week strength and conditioning training plan to maximize power, speed, agility, strength and endurance for the sport of lacrosse.

You'll discover:

- What are the best strength exercises for lacrosse!
- What agility drills you absolutely need to increase your quickness and first step!
- Plyometrics to develop explosive power!
- Anaerobic speed workouts to be able to smoke your opponent.
- How to be in the best physical conditioning to decrease your chance of injury!
- Confidence that you prepared yourself for the demands of the season.
- Mental toughness needed to win the one goal games!
- How to train to prepare yourself for the next level...college or professional!

"Without using this training system, I would have never reached my full potential. I strongly recommend this program to any lacrosse player who is serious about reaching the pinnacle of their abilities."

John Walker - #29

3-Time All-American

2nd Leading Scorer in Army History

Virginia Assistant Coach

"During my last three years at West Point (2003-2005) as the head lacrosse coach, we were in the best physical condition as a team of any I had coached in my 36 year collegiate career. It was the main reason we consistently won the one goal games and it was the main reason we were selected to the NCAA Tournament all three years. Now Corey Crane, our strength and conditioning coach, has put together a manual which covers it all from out-of-season to in-season workout programs and nutritional advice. This is the bible for lacrosse conditioning and will make the difference in your team's success."


Jack Emmer

Head Lacrosse Coach

USMA 1984-2005

USA Gold Medal Team - 2002

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**Bibliography**

- Sales Rank: #946308 in eBooks
- Published on: 2012-05-20
- Released on: 2012-05-20

- Format: Kindle eBook

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