

The Commandments Of Lacrosse: Mastering the Game of David Gardner and Taking Your Skills to the Next Level

Are you a Lacrosse enthusiast looking to elevate your game? Look no further! In this comprehensive guide, we will explore the expert advice and techniques of Lacrosse legend David Gardner. With his unparalleled knowledge and skills, Gardner has revolutionized the sport and set new standards for aspiring players. Whether you are a beginner or an experienced player, these commandments will transform your Lacrosse game and take you to new heights.

1. Embrace your weapon: The stick is your ultimate tool

The Lacrosse stick is an extension of the player's body, and mastering its usage is essential. Gardner emphasizes the significance of finding the perfect stick that suits your style and preferences. Experiment with different lengths, weights, and materials until you find the one that feels like an extension of your arm. Practice holding the stick properly, positioning your hands correctly, and executing various techniques with finesse.

Remember, the stick should become an extension of your skillset and enhance your gameplay. Gardner advises players to treat their stick with care and nurture a deep connection with this pivotal tool. Only then can you unlock its full potential.

The Commandments of Lacrosse

by David Gardner (Kindle Edition)

★★★★☆ 4.4 out of 5

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File size : 288 KB

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Screen Reader : Supported

The Commandments of Lacrosse



David Gardner

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Print length : 34 pages
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2. Develop swift footwork to outrun your opponents

Speed and agility are crucial in Lacrosse. Gardner's second commandment focuses on sharpening your footwork skills to outmaneuver opponents in the field. Work on your acceleration, deceleration, and change of direction to become a force to be reckoned with.

Gardner suggests incorporating agility ladder drills, cone drills, and sprint intervals into your training routine. By enhancing your footwork, you will gain a competitive edge in dodging defenders, creating scoring opportunities, and effectively defending your goal.

3. Master the art of accurate and powerful shooting

A strong and precise shot is the backbone of any formidable Lacrosse player. David Gardner's third commandment revolves around honing your shooting skills to perfection. Focus on building wrist strength, improving accuracy, and perfecting your shooting techniques.

Practice shooting from various angles, distances, and under different game scenarios. Gardner suggests incorporating shooting simulators and having a

meticulous practice routine to develop muscle memory and enhance your shooting abilities. Precision, power, and confident shooting can make the difference between winning and losing matches.

4. Maintain exceptional physical fitness

Physical fitness is the cornerstone of a successful Lacrosse career. Gardner's fourth commandment emphasizes the importance of maintaining excellent overall physical fitness. Conditioning exercises, strength training, and endurance workouts should be an integral part of your training routine.

In addition to regular Lacrosse drills, Gardner advises cross-training activities such as swimming, cycling, and running to improve your cardiovascular fitness levels. Strong muscles, endurance, and flexibility will help you withstand the demanding nature of the game and perform at your peak for extended periods.

5. Cultivate a strategic mindset

In Lacrosse, quick thinking, adaptability, and strategic plays separate the great players from the good ones. Gardner's fifth commandment focuses on fostering a tactical mindset. Devote time to studying game tapes, observing professionals, and understanding different strategies and plays.

Develop your game sense by analyzing the strengths and weaknesses of your opponents. By doing so, you can exploit their vulnerabilities and capitalize on scoring opportunities. Gardner recommends constant mental preparation, visualizing plays, and anticipating the game's flow to make quick and effective decisions on the field.

6. Form a strong bond with your teammates

Lacrosse is a team sport that thrives on collaboration and camaraderie. Gardner's sixth commandment advocates for building strong bonds with your teammates. Nurture an atmosphere of respect, trust, and open communication among your team members to enhance overall performance.

Encourage teamwork by facilitating off-field activities, team-building exercises, and regular bonding sessions. Understanding your teammates' strengths and weaknesses will enable you to work collaboratively, synchronize your plays, and achieve greater success collectively.

7. Aim for continuous learning and improvement

True mastery in Lacrosse requires an unwavering commitment to learning and improvement. Gardner's final commandment emphasizes the importance of lifelong learning. Be open to feedback, seek guidance from mentors, and constantly strive to enhance your skills, knowledge, and game awareness.

Attending Lacrosse camps, workshops, and training sessions can expose you to novel techniques and insights from experienced professionals. Watching live games and engaging with the Lacrosse community will help you stay updated on the latest trends and strategies in the sport.

Achieve Lacrosse greatness following Gardner's Commandments

The Commandments of Lacrosse devised by David Gardner encapsulate the essence of becoming a master of the sport. By embracing your stick, perfecting your footwork, and sharpening your shooting skills, you will transform into an unstoppable force on the field.

Staying physically fit, cultivating a strategic mindset, and fostering team synergy will further enhance your gameplay. Remember, Lacrosse is not just a game—it is

a lifestyle. Commitment, perseverance, and lifelong learning are the keys to unlocking your full potential in this exhilarating sport.

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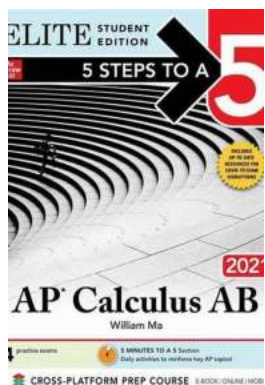
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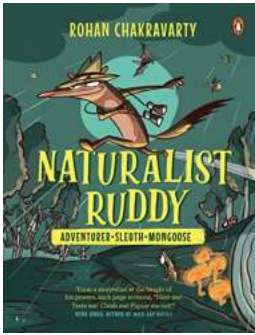


The Commandments of Lacrosse are 50 rules and practices that players should follow to become a better teammate and player of the game of lacrosse. These simple to follow techniques and related skills will be enjoyed and beneficial to players, coaches, parents, officials and fans of lacrosse.



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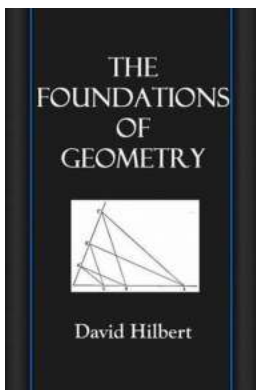
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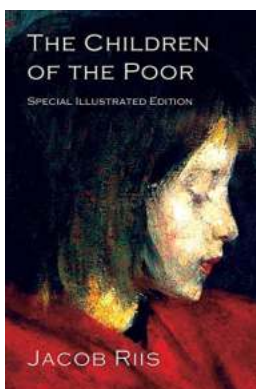
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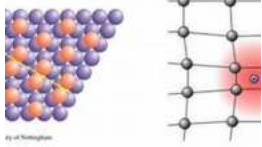
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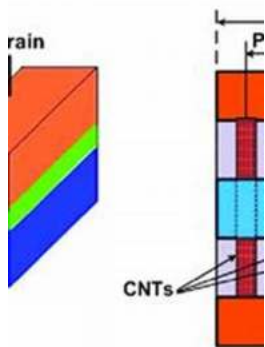
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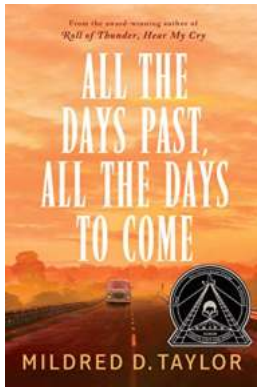
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