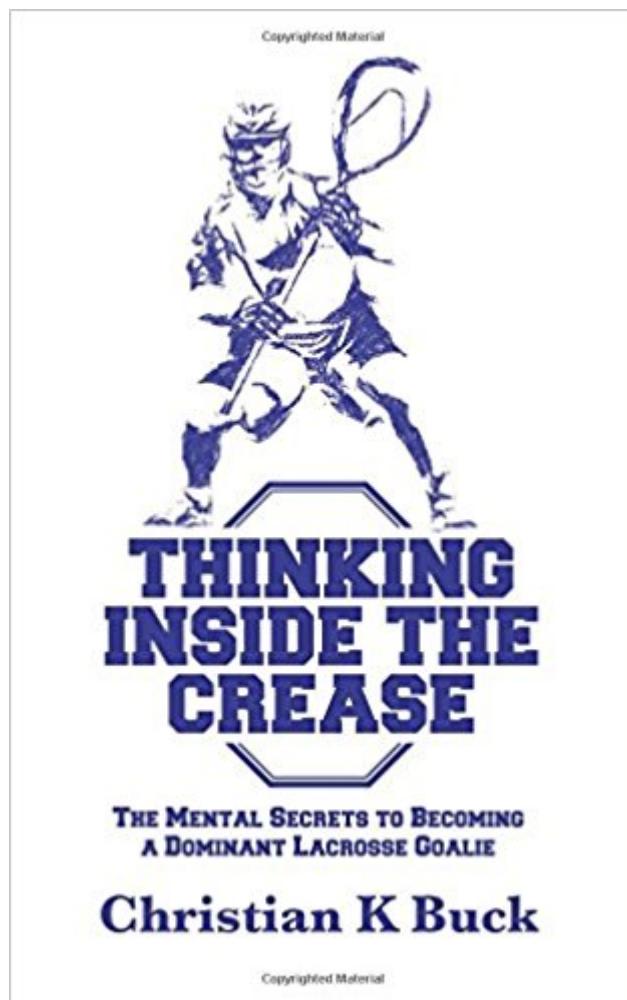


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# Thinking Inside The Crease: The Mental Secrets To Becoming A Dominant Lacrosse Goalie



## **Synopsis**

"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 Buck's process have gone on to play at the highest level. Go to [www.thinkinginsidethecrease.com](http://www.thinkinginsidethecrease.com) for more drills and information.

## **Book Information**

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Best Sellers Rank: #203,593 in Books (See Top 100 in Books) #7 inÂ  Books > Sports & Outdoors > Other Team Sports > Lacrosse

## **Customer Reviews**

I have had the pleasure of working with Chris Buck over the past few years and cannot say enough about his knowledge, enthusiasm, and passion for the goalie position, both mental & technical. This book exceeds any prior indulgence into the most important aspect of high-level goaltenders, and essential to lacrosse goalies at all levels... The mental aspect. Chris explores the inner psychology of lacrosse goaltending and offers a multitude of exercises to raise the bar of the goalie's mental game. If you are looking to bring your game to the next level; as a player, coach, and/or mentor... This book will influence you.

In Thinking Inside the Crease, Christian Buck has created a goalie handbook, which specifically

addresses the mental obstacles that can cause a goalie (at all levels) to go into a tailspin. All coaches should have this book on hand and refer to it when their goalies breakdown mentally.

Chris does a great job in explaining what else a goalkeeper needs to think about and do to expand his/her game. I have heard Chris speak about his topic and he gets players young and older to believe in his thought process helping them become better players both physical and especially mental. Positive psychology in practice and in competition along with a positive attitude and thinking go a long way. Nice Job on the book.

This book really gives you an understanding of the players mental hurdles, and brings you full circle providing excellent exercises to apply right away.

A great read for any athlete, mental toughness is so much of the battle and Chris Buck gives great advice on how to be the best.

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