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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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## Customer Reviews

Chris Buck, President of Get It Done Consulting ([www.getitdoneconsulting.net](http://www.getitdoneconsulting.net)), has his Masters in Exercise and Sport Psychology and is a Certified Consultant and member of the Association for Applied Sport Psychology (AASP). He has consulted with professional and amateur athletes alike, implementing mental conditioning programs in a wide variety of sports, including lacrosse, golf, tennis, soccer, basketball, track/field, crew, fencing, hockey, and baseball. Coach Buck works with multiple NCAA Division I lacrosse programs as a Sport Psychology Consultant to the team as well as a Goalie Psychology Specialist. He is also the Goalie Psychology Specialist for G3 Lacrosse. He wrote the Level 1, Level 2, and Level 3 goalie coaching certification materials for US Lacrosse. He has worked with goalies all over the country and Canada who have committed to, or are playing at,

elite programs such as Johns Hopkins, Syracuse, Drexel, Ohio State, Notre Dame, Georgetown, Villanova, Rutgers, UVA, UPenn, Dartmouth, Union, Tufts, etc. as well as working with several MLL professional goalies. Chris is the Mental Coach and Goalie Specialist for the 2016 Brown Men's Lacrosse team and currently working with the Sacred Heart University men's lacrosse team. He was the goalie specialist with Avon Old Farms and New Canaan, CT High School, as well as the Head Coach of the Desert Mountain High School women's lacrosse team, leading them to the 2008 Arizona state semi-finals. Additionally, he coached the Arizona State All-Star Team in the Women's National Tournament in Baltimore, MD (2008). As a mental conditioning coach at the IMG Academies (Bradenton, FL), Coach Buck consulted with athletes attending the Nick Bollettieri Tennis Academy, David Leadbetter Golf Academy, and the IMG Basketball, Baseball, and Soccer Academies. Chris grew up and played lacrosse in Wilton, CT, winning two state championships during his time there and finished his four-year high school career with a 46-1 record as the starting goalie. After high school, he played lacrosse at Ithaca College.

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.

Good read for every goalie

Great book for the teenage Goalie to learn to manage his skills and mind set.

Phenomenal advice that helped me improve my technique immensely.

Bought for my son who plays lax, but awesome book for any athlete!!

Love this book and how it's written. Awesome!

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.

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.

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