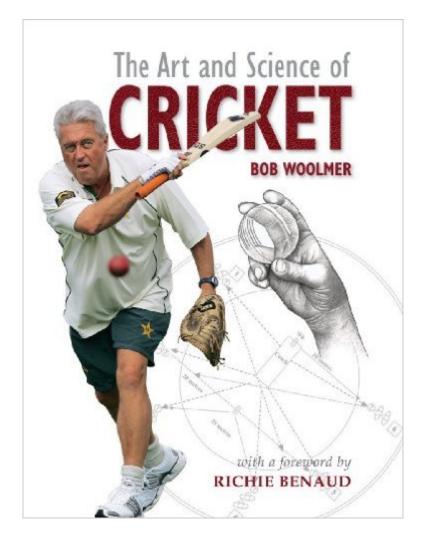
The book was found

The Art And Science Of Cricket





Synopsis

Ten years in the making, this book is truly complete and the first of its kind. The Art and Science of Cricket represents the groundbreaking partnership between international cricket coach Bob Woolmer and renowned sports scientist Tim Noakes, who combined their skills to create this one-of-a-kind encyclopedic guide to cricket. The author provides exhaustive instruction and guidance, covering the entire range of techniques and strategies. Explanatory illustrations, anecdotes and handy tips from some of the game's greatest players are also included. Some of the features are: Advice on batting, bowling, fielding and wicket-keeping Woolmer's personal philosophies Unique insights on the required mental skills Training, nutrition and injuries Clothing, equipment and the rules of cricket Cutting-edge research on the science and medicine of cricket Action photos of international league play Cricketing lore for lovers of the game. The Art and Science of Cricket is the ultimate book for cricket fans, players and coaches.

Book Information

Hardcover: 676 pages Publisher: Firefly Books (July 30, 2009) Language: English ISBN-10: 1554075572 ASIN: B005M4M6H4 Product Dimensions: 2.5 x 8.2 x 10.2 inches Shipping Weight: 4.8 pounds Average Customer Review: 4.5 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #10,344,109 in Books (See Top 100 in Books) #50 in Books > Sports & Outdoors > Miscellaneous > Sports Science #2175 in Books > Sports & Outdoors > Other Team Sports > Cricket #200903 in Books > Deals in Books

Customer Reviews

I bought this book to improve my batting technique mainly. I was not expecting myself to be a start after reading this. However, this book alone may not be sufficient. If someone wants science & knowledge about cricket then this is probably the best. While I have not read any other books on same subject, I am sure I will still rate this high. And pleasure of watching Jack Kallis pictures with perfect technique.

This is a review for the 2009 Edition from Firefly...This book is a monster! Large-format hardback,

655 pp, a little under 5 pounds. Pictorial hardback boards with a sewn binding. Illustrations throughout, including some color plates.TABLE OF CONTENTSPart I: Discovering Cricket- The Challenge of Cricket- The Mind GamePart II: Cricket Techniques- Batting- Vision and Batting-Bowling- Fielding and Wicket-keepingPart III: Thinking Cricket- Strategy and Captaincy- Statistics: A View of the Future?- CoachingPart IV: Cricket Science- Physiology and Fitness- Whither Cricket? The Future of the GameBibliographyIndex

Download to continue reading...

The Art and Science of Cricket The Art of Cricket Coaching Youth Cricket: An Essential Guide for Coaches, Parents and Teachers A Million Broken Windows: The Magic and Mystique of Bombay Cricket The Wisden Book of Cricket Memorabilia Cricket Breeding Made Easy: Your Guide to Raising Healthy Feeder Crickets Cricket Nurseries of Colonial Barbados: the Elite Schools 1865-1966 Coaching Youth Cricket (Coaching Youth Sports) Cricket Explained My Idols - Journey of a Cricket Crazy Australia You Little* Beauty: Inside Test Cricket's Dream Team Six Machine: I Don't Like Cricket.... I Love It Captains File: India: From Nayudu to Kohli, India's Test Cricket Captains The Unquiet Ones: A History of Pakistan Cricket Cricket: How to Improve Your Batting Village Cricket Tour Test Cricket: The unauthorised biography Cricket: The Game of Life: Every reason to celebrate Brave New Pitch-The Evolution of Modern Cricket Wisden Book of Cricket Records

<u>Dmca</u>