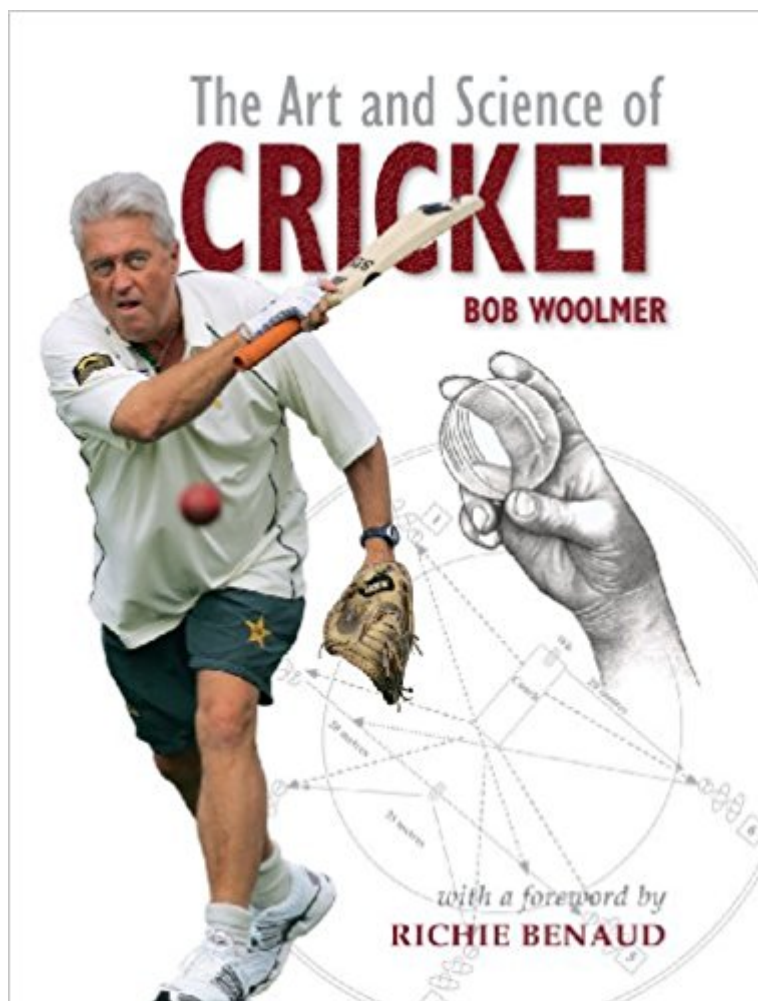


The book was found

# 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 2 customer reviews

Best Sellers Rank: #12,954,512 in Books (See Top 100 in Books) #60 in [Books > Sports & Outdoors > Miscellaneous > Sports Science](#) #2487 in [Books > Sports & Outdoors > Other Team Sports > Cricket](#) #208415 in [Books > Deals in Books](#)

## Customer Reviews

Among the best...given its practical skills-based instructional features and the elegance of the writing. (D. S. Azzolina, University of Pennsylvania Choice 200905)

Bob Woolmer played cricket at the highest levels and was considered the most innovative coach at the time of his tragic and untimely death at the 2007 World Cup.

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 CONTENTS

Part I: Discovering Cricket- The Challenge of Cricket- The Mind Game

Part II: Cricket Techniques- Batting- Vision and Batting- Bowling- Fielding and Wicket-keeping

Part III: Thinking Cricket- Strategy and Captaincy- Statistics: A View of the Future?- Coaching

Part IV: Cricket Science- Physiology and Fitness- Whither Cricket? The Future of the Game

Bibliography

Index

[Download to continue reading...](#)

Cricket - The Definitive Guide to the Game of Cricket: The Game of Cricket Uncovered (Your Favorite Sports Book 6)

The Cricket in Times Square (Chester Cricket and His Friends)

The Magic of Indian Cricket: Cricket and Society in India (Sport in the Global Society)

When Cricket Was Cricket: A Nostalgic Look at a Century of the Greatest Game

The Cricket Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Cricket Field

The Art and Science of Cricket

Oscar and the Cricket: A Book About Moving and Rolling (Start with Science)

The Shepherd And Other Christmas Stories: The Gift Of The Magi, The Cricket On The Hearth, Yes, Virginia There Is A Santa Claus, Hoodoo

McGiggin And Christmas Cake Recipe

Freezing Colloids: Observations, Principles, Control, and Use: Applications in Materials Science, Life Science, Earth Science, Food Science, and Engineering (Engineering Materials and Processes)

Insects Collection Coloring Book for Adults: Stunning Coloring Patterns of Grubs, Dragonfly, Hornet, Cricket, Grasshopper, Bee, Spider, Ant, Mosquito and More .. (insect coloring book)

(Volume 1)

IPL Cricket and Commerce: An Inside Story

Golden Boy: Kim Hughes and the bad old days of Australian cricket

The Great Tamasha: Cricket, Corruption, and the Turbulent Rise of Modern India

Bowlology: Cricket, Life and Stories from the Avenue of Apprehension

Years of Hope: Cambridge, Colonial Administrator in the South Seas, and Cricket

Cricket Explained: From Grubbers to Googlies - A Beginner's Guide to the Great English Pastime

Fatty Batter: How cricket saved my life (then ruined it)

Stranded Batsman: The story of Caribbean Cricket

Legend Jim Allen

Laver & Wood's Cricket Bat Lore: VOLUME I

More Than A Game: The Story of Cricket's Early Years

Contact Us

DMCA

Privacy

FAQ & Help