

## Cricket Coaching Manual

Coaching Youth Cricket Coaching a Cricket Team Teach Cricket Bowling Milo Kiwi Cricket How I Taught Michael Slater to Play Cricket Cricket For Dummies Play Cricket the Right Way Batting Chappell on Coaching Laws of Cricket Understanding Sports Coaching The Barefoot Coach The Coach Approach to School Leadership Australian Cricket Coach Fast Bowler's Bible The Cricket Coaching Manual Cricket: A Political History of the Global Game, 1945-2017 Kiwi Cricket The Art and Science of Cricket The Psychology of Cricket Bob Woolmer's Art and Science of Cricket The M.C.C. Cricket Coaching Book Sports Training Notebook: Netball Cricket Coaching Manual Six Machine Long-Term Athlete Development Learn to play Cricket Coaching Better Every Season Coaching Excellence The Art of Cricket Learn to Play Cricket: Teach Yourself 50 Not Out! Coaching Youth Cricket Cricket Manual The Plan: How Fletcher and Flower Transformed English Cricket Cutting Edge Cricket Caught Out - Shocking Revelations of Corruption in International Cricket Twenty20 Cricket If Better Is Possible

### Coaching Youth Cricket

In 1999, England slumped to a new low in their tumultuous cricket history. Defeat at home by a mediocre New Zealand team saw them fall to the bottom of the world Test rankings, below even Zimbabwe. Yet only just over a decade later, England reached the top. It was a remarkable and profound transformation, brought about largely by two men with an insatiable desire to succeed, Duncan Fletcher and Andy Flower. In *The Plan*, Steve James tells the story of the renaissance of English cricket from a unique perspective. As the former batting partner of ECB managing director Hugh Morris, a player under Fletcher at Glamorgan and Flower's closest confidant in the press corps, James is the perfect analyst of this period in cricket history. From crucial choices of captain to innovative coaching and a complete overhaul of training and preparation for matches, it is the tale of a refusal to be second best. And in examining Fletcher and Flower's background in Zimbabwe, where James himself played, he uncovers the continental shift behind the turnaround. It is the story of how English steel was melded with African fire to create the most potent combination in world cricket.

### Coaching a Cricket Team

From the most successful cricket coach of all time comes the secret to coaching success. *If Better is Possible* shows how business managers and coaches at all levels can lead their teams to greatness, and explores in detail what it takes to build and sustain championship teams. Written as a series of accessible essays, *If Better is Possible* offers guidance on making important and life-changing choices, creating a culture of success, gaining mental toughness, using systems and processes to achieve a winning advantage, providing leadership opportunities, and matching competitor's ideas. It presents valuable

insights into the strategic thinking behind leading an elite team. Woven throughout is the behind-the-scene story of how the Australian Cricket Team, under John Buchanan's guidance, became invincible. The team won a record sixteen consecutive Test matches across six series and four countries. It won two World Cups and successfully retaining the Ashes. John Buchanan's *If Better is Possible* reveals the strategies he used to take the Australian Cricket Team to the top of their game - and keep them there.

### **Teach Cricket**

'I am delighted this remarkable man has chosen to share his unique coaching secrets' - Michael Slater *How I Taught Michael Slater to Play Cricket* is far more than an ordinary coaching manual; it is a book as innovative, passionate and opinionated as the man himself. Full of tips and tactics, this comprehensive and detailed handbook covers everything from batting basics to building an inning, from game strategies on and off the field to those one per cent factors which can mean the difference between a good player and a great one. Features include: Illustrated drills for right and left-handers: those batting, bowling and fielding drills that Wazza uses in his own clinics working with everyone from elite players to kids from the bush Advice on warm-ups and practice, equipment and fitness Coaching girls and women Answers to the curliest questions: Should a coach be a selector? Should a batsman walk? Is there room in the game for verbals and sledging? Why are most cricket teams captained by batsmen? What is the ideal batting order? And why does Warren have a bicycle in the dressing room? Learning from the stars: Warren analyses the games of the world's greatest players old and new.

### **Bowling**

No single resource can convey everything that a coach should know and do. So *Coaching Excellence* does the next best thing: it builds on the basics to provide you with a wealth of information so you can become more adept in your role as an excellent coach. Eighteen experts offer the best knowledge, research and insights that you can apply in working with your athletes, players and teams. This comprehensive manual focuses on the three key facets of coaching: 1. Roles and responsibilities of a coach. One size doesn't fit all, so you will find several examples of successful coaches with quite varied personalities and skills. 2. Plans and methods that stem from the core values and that are implemented in achieving the major goals of the program. This requires ongoing evaluation of objectives and a commitment to achieving long-term success regardless of any pitfalls encountered in the process. Learn what this entails on a daily, weekly and seasonal basis. 3. Applications of the sport sciences to enhance fitness and the technical, tactical and mental skills of athletes. Don't look for a trip to the lab. All the research findings here have practical uses to take individual and team performances to new heights. Throughout the text, you will find proven strategies, advice and insights. From evaluating and teaching skills to motivation, nutrition and safety, *Coaching Excellence* is the complete guide to becoming a complete coach.

## **Milo Kiwi Cricket**

'If the ball's there, hit it. Don't worry about what might happen. Play for the glory. Play for the six' Chris Gayle is the only man to have ever hit a six off the first ball of a Test match. But then producing the impossible is an everyday act for the West Indies legend: the first man to smash an international T20 century, the first to hit a World Cup 200, the fastest century in the history of the game. He has hit twice as many T20 sixes as any other man and scored two Test triple centuries. All this is delivered with cricket's biggest bat and an even bigger smile. Off the pitch, millions follow him on Instagram and Twitter to catch a glimpse of a globe-trotting life spent in nightclubs as much as nets, hot-tubs as often as helmets and pads. He plays late, parties later, demolishes a king-size pile of pancakes and then strolls out to mangle another hapless bowling attack. But do we really know him? Do we know what took a shy, skinny kid from a cramped tin-roofed shack in the dusty back streets of Kingston, sharing a bed with three brothers and stealing empty bottles to buy food, to the very top of the cricket world - without losing himself along the way? Outrageous and utterly original, this unputdownable memoir will leave you reeling. Welcome to the world of the Six Machine.

## **How I Taught Michael Slater to Play Cricket**

Greg Chappell was one of the greatest test cricketers of the post war era whose skill as a captain and batsman was without peer in the 1970s and 1980s. After his retirement he moved into coaching becoming the coach of Australian state side South Australia where he was worked with many of the current Australian test team on improving their game. In this book he expounds his theories on coaching, a radical approach where the techniques of cricket are a secondary issue compared to refining the core principles of movement of the body and organising yourself and your brain to best use the abilities that you have. His experience of working with people such as Australian Test bowler show that this techniques works and this book will be an invaluable aid not only to coaches but all players who can learn something from the basic premises laid out in the book.

## **Cricket For Dummies**

This trail-blazing book is likely to become the definitive manual on playing and coaching cricket. It represents the first time that a cricket coach and a sports scientist (both world experts in their field) have combined their experience, insights and wisdom to create what is probably the most comprehensive and complete book on playing and coaching cricket anywhere in the world. Unlike many other coaching manuals, this book does not simply supply technical 'recipes' for batting, bowling and fielding (although these are thoroughly covered). The goal is to develop true 'all-rounder' players who show not only technical but mental strength, and who are as physically fit and injury-resistant as possible. The mental, scientific,

biomechanical and medical aspects of the game are discussed in detail. Although scientifically and technically thorough, the book is written in a lively style; there are summaries, explanatory illustrations (photographs and diagrams), anecdotes and handy tips from some of the game's greatest players and characters.

### **Play Cricket the Right Way**

This book is written exclusively for the small kids of the age group of 8 to 14. This is a reference book for those small kids who, probably, have not understood the demonstration and explanation by his or her coach on a particular day. The kid will then open this manual and by seeing the pictures and the short explanation which accompanies the photos in the form of labeling will give the correct insights to the player and that player will go to the coach and easily correct himself.

### **Batting**

### **Chappell on Coaching**

Written by an experienced youth cricket coach, Coaching Youth Cricket is an essential guide for all coaches, parents and teachers. This one-stop practical resource will give a new coach everything they need to deliver fun, dynamic, player-centred practice sessions and guidance on how to run a team. Information is given on lots of practical games and drills, enabling coaches to run active and fun sessions for young players. The fundamental cricket skills are covered including batting, wicket-keeping and fielding to spin, seam and swing bowling. Advice is given on how to manage your team on match days and measures suggested for ensuring player safety. Coaches at all levels of the game will find material and ideas in this book helpful for them to formulate simple strategies to suit their level of player ability. It presents coaching theories in an uncomplicated and easy-to-understand manner and offers field-tested, age-specific information to help you learn how to communicate with players, parents, other coaches and officials. Illustrated with 97 colour images and 42 diagrams.

### **Laws of Cricket**

### **Understanding Sports Coaching**

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.

### **The Barefoot Coach**

Batting is a one-stop shop for all cricket coaches, teachers and players looking for ways to improve batting play. It sets out coaching advice in clear, jargon-free language, with plenty of photographs to add further explanation. Content includes: The basics, e.g. getting a good position, the grip Technique for each shot with step-by-step illustrated instructions Training drills to improve each skill Common problems - and how to fix them Tactics, e.g. when to use which shot, when to attack or to consolidate Advanced play, e.g. the more difficult techniques such as the reverse sweep or the switch hit The book also includes examples of players, past and present, who are renowned for their expertise in certain techniques, as well as words of advice from the legends.

### **The Coach Approach to School Leadership**

'Understanding Sports Coaching' is relevant for working with athletes of all abilities. It explores every aspect of coaching practice and includes practical exercises to encourage reflective practice and to highlight the issues faced by the successful sports coach.

### **Australian Cricket Coach**

### **Fast Bowler's Bible**

### **The Cricket Coaching Manual**

Learning from the game of cricket prepares us, in ways no university can, for the bigger game of life. Cricket is a game of management, teamwork, strategy and leadership. When these are applied right, one wins; else, one loses. But whatever the outcome – pain or joy – one learns from every match! In 50 Not Out! author Harimohan Paruvu captures fifty key lessons from cricket that are essential for all-round growth and good living. Honesty, courage, resilience, commitment, discipline – these are just a few of the qualities illustrated through the game. The book also explains principles behind such familiar phrases as ‘play with a straight bat’, ‘catches win matches’ or ‘team comes first’ and how these help us adapt to every situation in life. From students to CEOs, administrators to sportsmen, people from all walks of life will find inspiration in 50 Not Out! to be the very best they can be. HARIMOHAN PARUVU is an accomplished cricketer who has played for Hyderabad in the 1985-87 Ranji Trophy matches. A civil engineer and MBA, he worked in the corporate sector for a decade before giving it up to write full-time. He is the author of India’s first cricket novel The Men Within: A Cricketing Tale and the romance If you love someone. Harimohan also blogs, teaches, leads workshops and coaches executives.

### **Cricket: A Political History of the Global Game, 1945-2017**

Caught Out exposes a staggering catalogue of revelations about the way international cricket is being contaminated by crooked players, ruthless gamblers and bent officials. It brings together appalling scandals involving the biggest names in the sport who have deliberately cheated, often under enormous pressure from gambling gangs who threaten serious physical harm and even abduction if their orders are not carried out. These riveting revelations will shock and disgust all those who play cricket honestly at every level whether it is at school, a local club, county level, or at the top in the international arena. Icons are named and shamed in a series of disclosures that zoom in on match-fixing, spot-fixing, cocaine smuggling, chilling death threats, kidnapping, ferocious betting, and high-class prostitutes paraded as additional rewards for players who cheat for illegal bookmakers. A string of amazing exposes will grip and alarm anyone, whether close to cricket or not; even if only having a modicum of interest in the integrity of those who compete and officiate in sport. Full of revelatory details this book sheds light on the scandals in cricket that seem to capture the headlines whenever there's a key international fixture.

### **Kiwi Cricket**

### **The Art and Science of Cricket**

"Ian Pont fizzes with enthusiasm and missionary zeal when he talks about coaching. He is a perpetual stream of ideas; he wants to impart what he knows. Pont's first book on fast bowling was riveting because it put into plain English what can be

a complicated subject. This book might have even wider appeal because he advises the coaches how to coach. Technically sound, it goes much further into the realms of what young people need in order to learn the game, and Pont never forgets that, above all, cricket should be fun." Stephen Brenkley, *The Independent* "There are plenty of books for coaches at the elite level, coaches of adults and coaches of juniors. This book helps all coaches, and it is hard to imagine any who will not benefit from consulting it. It also deals with that often-overlooked element in young players' development: parents. They are more than just unpaid taxi drivers, and it is refreshing to see their vital role acknowledged." Ralph Dellor, former Chairman of England and Wales Cricket Board Coaches Association Broadcaster and Author of *Cricket: Steps to Success* "A coach has to perform the role of motivator, counsellor and communicator. This book helps all coaches at all levels to do this effectively so players have the best possible chance to realise their potential." Roger Newman, Director of Cricket, Devon CCC Coaching Youth Cricket serves as a guide for those just starting out in coaching young cricketers as well as seasoned coaches. In addition to helping you teach fundamental cricketing skills and plan enjoyable coaching sessions, *Coaching Youth Cricket* presents field-tested, age-specific coaching information to help you learn how to communicate with other coaches, umpires, players and parents. *Coaching Youth Cricket* will also teach you how to manage your team on match days, including measures to provide for safety and administer basic first aid. Whatever your experience or aspirations, this book will enable you to fulfil the responsibility of all youth cricket coaches --- to nurture and develop the young athletes who are the future of cricket.

### **The Psychology of Cricket**

Cricket is an enduring paradox. On the one hand, it symbolises much that is outmoded: imperialism; a leisured elite; a rural, aristocratic Englishness. On the other, it endures as a global game and does so by skilful adaptation, trading partly on its mythic past and partly on its capacity to repackage itself. This ambitious new history recounts the politics of cricket around the world since the Second World War, examining key cultural and political themes, including decolonisation, racism, gender, globalisation, corruption and commercialisation. Part One looks at the transformation of cricket cultures in the ten territories of the former British Empire in the years immediately after 1945, a time when decolonisation and the search for national identity touched every cricket playing region in the world. Part Two focuses on globalisation and the game's evolution as an international sport, analysing: social change and the Ashes; the campaigns for new cricket formats; the development of the women's game; the new breed of coach; the limits to the game's global expansion; and the rise of India as the world's leading cricket power. *Cricket: A Political History of the Global Game, 1945-2017* is fascinating reading for anybody interested in the contemporary history of sport.

### **Bob Woolmer's Art and Science of Cricket**

## **The M.C.C. Cricket Coaching Book**

## **Sports Training Notebook: Netball**

## **Cricket Coaching Manual**

## **Six Machine**

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the

LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

### **Long-Term Athlete Development**

The book is for anyone involved in playing or coaching cricket, and for all levels. The Psychology of Cricket teaches individuals to develop mental toughness by using mental skills which can be used in both practice and match situations, and provides expert advice on understanding the important ingredients of successful teams and leaders.

### **Learn to play Cricket**

by Andy Tennant An exciting addition to the range of Haynes manuals, this is the complete guide to playing cricket, fully supported and endorsed by the English Cricket Board (ECB). From health and fitness through to training, bowling, batting, fielding, strategy, coaching and umpiring, every aspect of the game is analysed and explained in detail. Presented in an attractively designed and user-friendly style with numerous photographs and graphics, this manual is an essential reference book for the keen cricketer as well as an informative read for any sports fan.

### **Coaching Better Every Season**

A cricketing 'great' gives excellent coaching advice on how to play a better game of cricket. It covers all areas of cricket - batting, bowling, fielding and wicket-keeping.

### **Coaching Excellence**

Twenty20 is an exciting and accessible form of cricket that has really taken off in recent years. Although it has attracted many new players and audiences to the game, there are few coaching resources available to support those who want to improve their skills in this area. Twenty20 Cricket Coaching: How to Play, Coach and Win provides players, coaches and teachers with a range of drills, skills and practices to help their teams flourish. It covers batting, bowling, fielding and wicket-keeping, analysing the key skills within each area and providing guidance on how to help players improve. And for every action there is an opposite reaction: you can't just master batting at speed, you need to know how to field a fast ball. With plenty of information on fitness, preparation and the psychology of the game, and full of practical drills and clear illustrations, this is a must-have guide for coaches and players who want to get the best from their limited-overs match.

## **The Art of Cricket**

In *The Coach Approach to School Leadership*, Jessica Johnson, Shira Leibowitz, and Kathy Perret address a dilemma faced by many principals: how to function as learning leaders while fulfilling their evaluative and management duties. The answer? Incorporating instructional coaching techniques as an integral part of serious school improvement. The authors explain how principals can Master the skill of "switching hats" between the nonjudgmental coach role and the evaluative supervisor role. Expand their classroom visits and combine coaching with evaluation requirements. Nurture relationships with teachers and build a positive school culture. Provide high-quality feedback to support the development of both teachers and students. Empower teachers to lead their own professional learning and work together as a team. Drawing from the authors' work with schools as well as their conversations with educators across the globe, this thought-provoking book speaks to the unique needs of principals as instructional leaders, providing solutions to challenges in every aspect of this complex endeavor. The role of the principal is changing at a rapid pace. Let this resource guide you in improving your own practice while helping teachers master the high-quality instruction that leads to student success.

## **Learn to Play Cricket: Teach Yourself**

*Bowling* is a one-stop shop for all cricket coaches, teachers and players looking for ways to improve play. It sets out coaching advice in clear, jargon-free language, with plenty of photographs to add further explanation. Content includes: The basics, e.g. the run-up, the delivery strideTechnique for each style of delivery with step-by-step illustrated instructionsTraining drills to improve each skillCommon problems - and how to fix themTactics, e.g. when to use which style of delivery, patience and disciplineAdvanced play, e.g. the more difficult techniques The book also includes examples of players, past and present, who are renowned for their expertise in certain techniques, as well as words of advice from the legends.

## **50 Not Out!**

## **Coaching Youth Cricket**

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. *Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success* presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around

the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. Coaching Better Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

### **Cricket Manual**

Whether you're a weekend cricketer or aspiring armchair expert, Cricket For Dummies helps you make sense of this fascinating sport. Not just a jargon busting guide to cricket's laws, techniques and tactics, it also contains advice on kitting yourself out and provides lessons on playing the game and improving your batting, bowling and fielding skills. For the budding fan, there's a guide to the greatest players, the memorable matches, and a tour through the cricketing scene - both domestic and international - giving you the knowledge you need to fully appreciate this special game. This book has been updated for the Ashes 2009, featuring revised information on new players, the Indian premier league, Stanford 20:20 and the latest coverage of past and future competitions. Julian Knight is a BBC journalist, writer, and cricket enthusiast. He is a former youth coach and captain, and has been a club cricketer for over 20 years. Consultant Editor Gary Palmer played first class cricket for ten years with Somerset before becoming a professional coach.

### **The Plan: How Fletcher and Flower Transformed English Cricket**

### **Cutting Edge Cricket**

Learn to Play Cricket: Teach Yourself is the essential guide for cricketers of all ages who want to improve their all-round skills and player performance. Written by Mark Butcher, Captain of Surrey County Cricket Club and former England Captain, together with Paul Abraham, an ECB Level 3 Coach and Berkshire County Cricket Club Committee Chairman, this book will help you to improve every dimension of your game. It covers all aspects of the sport from preparing for the game to improving your batting, fielding and bowling techniques. It also gives essential advice on tactical play, coaching, umpiring, scoring and most importantly the rules of the sport. Packed full of practices, training drills and key advice from Butcher and Abraham, this book will help you reach your full potential. Teach Yourself - the world's leading learning brand - is relaunched in 2010 as a multi-platform experience that will keep you motivated to achieve your goals. Let our expert author

guide you through this brand new edition, with personal insights, tips, energising self-tests and summaries throughout the book. Go online at [www.teachyourself.com](http://www.teachyourself.com) for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry - every book gives you 1, 5 and 10-minute bites of learning to get you started.

### **Caught Out - Shocking Revelations of Corruption in International Cricket**

#### **Twenty20 Cricket**

From LayFlat Sketchbooks, the Sports Training Notebook Series was created for the Coaching/Training Classroom, by request from high schools across the country. Each title features a diagram of the playing field, drawn to spec, with note taking pages for each diagram. Since the inception of this book line in 2010, hundreds of national high school and college sport classrooms have gained the benefit of moving players notes from the glass table top to the printed page for continued study. To view and select titles from the complete Sports Training Notebooks product line (all available through Amazon), please visit [www.SportsTrainingNotebooks.com](http://www.SportsTrainingNotebooks.com).

#### **If Better Is Possible**

This fascinating book reveals the secrets of fast bowling and explains how it is possible to simultaneously bowl fast, straight and accurately. The Fast Bowler's Bible is a very practical, easily accessible bowling manual that any seam or swing bowler playing at any level can understand. It contains explosive new information being used by the world's best cricketers. "I wish that I had met Ian Pont, the bowling coach, ten years before I did Ian is an expert in his field and has got some excellent ideas on how to engineer a bowling action." Ronnie Irani, Essex and England. Written by one of the world's best fast-bowling coaches. Well illustrated with sixty photographs and thirty-four diagrams and drawings. Explains what part of your body generates pace and why holding onto the ball longer is far more effective. Unravels the mysteries of advanced biomechanics as they apply to bowling. Reveals how to bowl crushingly effective bouncers and yorkers every time. Discusses what to do in practice and what to avoid. Analyses how to train and exercise in order to produce the best results. Illustrates all the correct grips for each delivery so that you get it right every time. Describes how to increase pace effortlessly, how to adopt the correct mental approach, how to deal with pressure, how to apply it to the opposition, and much more. This invaluable book tells you everything you need to know about how to bowl fast. Packed with tips and tricks, it is essential reading for bowlers of all ages as well as their coaches. Well illustrated with sixty black & white photographs and thirty-four diagrams and drawings. Ian Pont is an expert in his field and one of the world's best fast-bowling coaches.



[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)  
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)