Bob Woolmer's Art and Science of Cricket

By Bob Woolmer; Tim Noakes; Helen Moffett


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Reviews

It is one of the best publications. It really is rally intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

-- Dr. Pat Hegmann

It is one of my favorite publication. It is among the most awesome publication i have go through. I am just quickly will get a delight of reading through a published publication.

-- Prof. Martin Zboncak DVM
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- **Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds.** [British English]
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Tim Noakes, Bob Woolmer. Place of Publication: London. He also directs the Medical Research Council/UCT Exercise Science and Sports Medicine Research Unit, which has produced nearly 400 scientific articles since its foundation 12 years ago. DR HELEN MOFFETT is a freelance writer and academic (she is a Senior Research Fellow at the African Gender Institute at the University of Cape Town). She is passionate about cricket, and has lectured all over the world on the social, political and cultural dimensions of the game. She has also co-produced two documentary films on cricket, transformation and nation-building in South Africa. Country of Publicatio
Bob Woolmer, former head coach of the South African cricket team, wrote in "The Art and Science of Cricket," that batting has five basic principles: “Watch the ball, keep your head still on release of the ball, judge length accurately, allow your hands to lead your body and feet into the correct position and select the correct shot.” Your grip on the bat should feel natural, using the same tension as when you pick the bat up from the ground. Try to relax at the crease since tension will restrict your movement and have a negative impact on your technique. Lift the bat up as Woolmer, who had practically completed the book before his sad death during the 2007 World Cup, intended it to be far more than a mere coaching manual, though that section benefits from his considerable experience and innovatory thinking. His aim was to cover all aspects of the game, including selection, strategy, psychology, fitness and physiology, and with the help of two academics, Dr Helen Moffett and Professor Tim Noakes, a sports scientist, he succeeded triumphantly. Everything from the mysteries of swing to sledging and spinal injuries is analysed in this hefty tome (656 pages), with a