Bob Woolmer's Art and Science of Cricket

By Bob Woolmer; Tim Noakes; Helen Moffett


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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Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English. Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...

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ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English. Brand New Book. Rachel Macy Stafford’s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...
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 has created a very dynamic impact throughout the world cricket. Modernization of cricket coaching is nothing but Woolmer's contribution. According to former England captain and Bob Woolmer's Kent mate Mike Denness: He was a great lad, a great motivator. He was a bit eccentric at times but it is a terrible loss. I remember going to his house in Cape Town and many years ago he showed me his work room. If you read his book 'Art and Science of Cricket' then you will come to know how he observed and studied the game. Thankfully, I have this book and the more I read it, the more I get amazed. The more my respect increases for this man. It's hard to find such creative and adventurous characters these days. His passion for cricket was extreme.

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. The coaching cricket bat assists young cricket players in the development of a LBBT and to hit the ball more effectively and with power. A stump to hit the ball against a spherical surface helps to assist young cricket players in the development of advanced motor control (hand-eye-coordination, spatial awareness and response time) (figure 6). Sir Donald Bradman used to hit a golf ball against a spherical surface in his backyard.