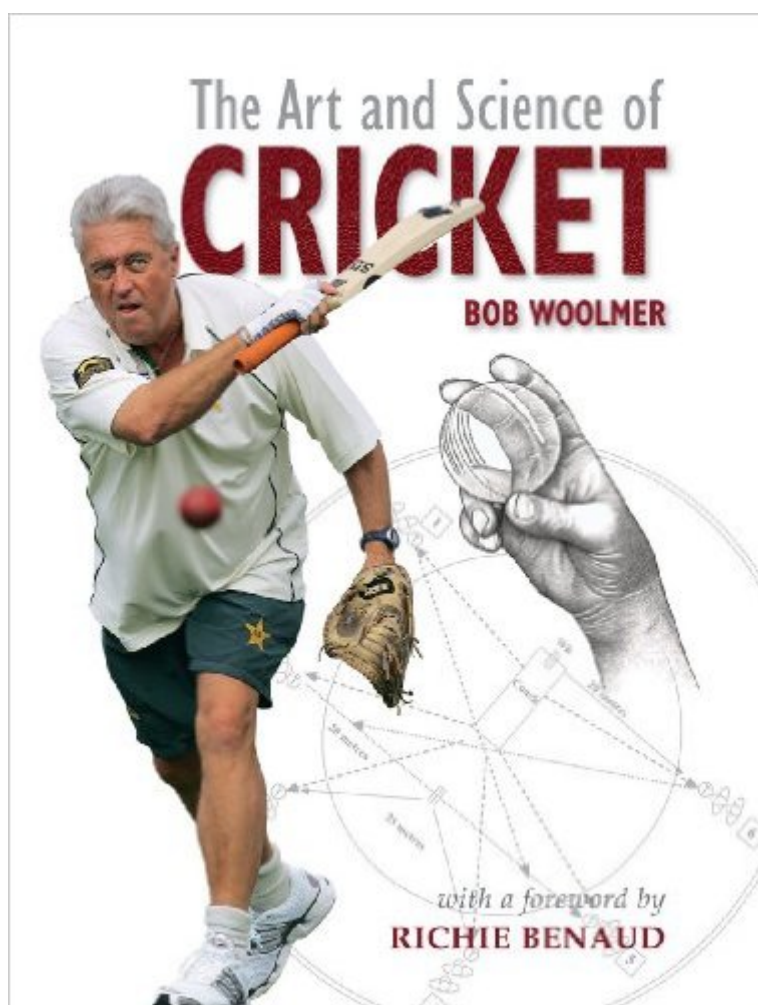


The book was found

# 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 Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #10,344,109 in Books (See Top 100 in Books) #50 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Science #2175 inÂ Books > Sports & Outdoors > Other Team Sports > Cricket #200903 inÂ 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 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

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