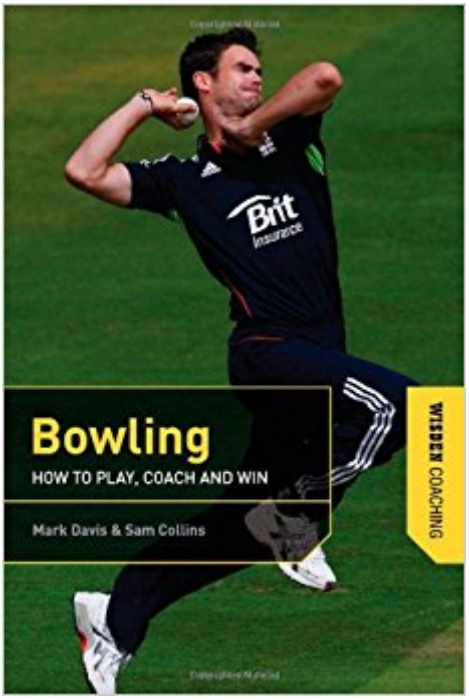
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Bowling (Wisden Coaching)



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Synopsis

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 techniquesThe 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.

Book Information

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Customer Reviews

Mark Davis is Head Coach at the specialist cricket school, Millfield, and a former professional cricketer. Sam Collins is a cricket writer.

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