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Twelve Summers - Adam Zwar 2021-12-01
Cricket fans, where were you during the disaster that was the 2013 Ashes? Adam Zwar was making a documentary about bodyline and filming a stunt that involved Brett Lee bowling bouncers to him while he wasn't wearing a helmet. Matthew Hayden warned him not to do it. But the cameras were set up. What was he going to do - say no? How about when Australia A nearly upset Australia in the 1995 World Series Cup and the players were rebelling against officials? Adam was working as a driver for an escort agency in Melbourne. Or Australia v India in 2001? That was when Adam was stuck in a hotel with AC/DC. For all the significant moments in Adam's life, cricket was in the background - or foreground. And you don't need to be a fan of cricket to be able to relate, because we all remember where we were when something important happened, whether that's a cricket test, an album release or a TV show ending. *Twelve Summers* is hilarious, moving and thought provoking. Even if you aren't a fan of cricket, you'll find a lot to love in this book.

Game, Set and Matched - Iain Fletcher
2004-09-01

This is what Iain Fletcher's one year as a 'pro' on the betting exchanges had come down to - 80 minutes on a mid table Rugby League game. The author of the acclaimed *On Tilt*, was subbed £5000 by leading matched betting company, Betfair and given 12 months to turn a profit and learn the intricacies of the new online betting phenomenon. *Game, Set & Matched* is the fascinating diary of his efforts to master Matched Betting. Along the way he details how to bet successfully on the exchanges on all types of sports from horse racing to soccer and rugby

to golf. As importantly he highlights the financial and psychological disciplines required to come out ahead.

Bob Woolmer's Art and Science of Cricket - Bob Woolmer 2008

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.

The Unquiet Ones - Osman Samiuddin
2014-12-01

The definitive history of a cricket team the world loves to watch, but is at a loss to explain. The story of Pakistan cricket is dramatic, tortured, heroic and tumultuous. Beginning with nothing after the Partition of 1947 to the jubilation of its victory against England at the Oval in 1954; from earning its Test status and competing with the best to sealing a golden age by winning the

World Cup in 1992; from their magic in Sharjah to an era-defining low in the new millennium, Pakistan's cricketing fortunes have never ceased to thrill. This book is the story of those fortunes and how, in the process, the game transformed from an urban, exclusive sport into a glue uniting millions in a vast, disparate country. In its narration, Osman Samiuddin captures the jazba of the men who played for Pakistan, celebrates their headiest moments and many upheavals, and brings to life some of their most famous - and infamous - contests, tours and moments. Ambitious, spirited and often heart breaking, *The Unquiet Ones* is a comprehensive portrait of not just a Pakistani sport, but a national majboori, a compulsion whose outcome can often surprise and shock, and become the barometer of everyday life in Pakistan, tailing its ups and downs, its moods and character.

[The Strange Death of English Leg Spin](#) - Justin Parkinson 2015-06-01

Shane Warne has shown the world how to bowl leg spin. But how many people know that English cricketers pioneered the art? Leg breaks, googlies, flippers--all were invented here. So how did we come to give it all away? Reach the point where home crowds would boo an English leggie's efforts, yet then pay gracious tribute to the Australian master of the most beautiful form of bowling known to man. *The Strange Death of English Leg Spin* shows how a century of neglect effectively killed any chance of England producing its own Warne. Petty rivalries, mistrust, ridiculous rule changes, jealousies, ineptitude, and neglect combined to ensure that Ian Salisbury, Tich Freeman, Chris Schofield, and others never had a chance to become world-beaters. Featuring interviews with key players, psychologists, and coaches and in-depth historical research, the book suggests how England can once again become the global center of leg spin.

281 and Beyond - V. V. S. Laxman 2018-11-19

A stylish batsman who could score against any kind of bowling, VVS Laxman played over a hundred Tests to aggregate more than 8,000 runs. Cricket fans still remember with awe his game-changing knock of 281 against Australia in 2001 at Eden Gardens. But playing for India was never easy. He was dropped as often as he was picked, and despite his vast experience and

unimpeachable skill, he never made it to a World Cup team. All through his playing years, Laxman was known to be a soft-spoken man who kept his distance from controversy. Which is what makes this autobiography truly special. It's candid and reflective, happy and sad by turns, and deeply insightful. He writes of dressing-room meltdowns and champagne evenings, the exhilaration of playing with and against the best in the world, the nuances of batting in different formats and on various pitches, the learnings with John Wright and the rocky times under Greg Chappell. In *281 and Beyond*, Laxman lays bare the ecstasy and the trauma of being one of the chosen XI in a country that is devoted to cricket.

Cricket 2.0 - Tim Wigmore 2020-03-28

Why is Royal Challengers Bangalore one of the worst-performing teams in the Indian Premier League (IPL), despite having batsman like A.B. de Villiers and Chris Gayle, and being captained by Virat Kohli? On the other hand, why is Chennai Super Kings (CSK) one of the best-performing teams, despite boasting fewer superstars and an ageing M.S. Dhoni as captain? The secret could lie in the teams' captaincy styles. But more importantly, it lies in the way T20 teams plan, strategize and build themselves around a core group, which CSK has done. In *Cricket 2.0: Inside the T20 Revolution*, Tim Wigmore and Freddie Wilde take us on a whirlwind tour of the cricket format that has taken the world by storm. From its inception, when T20 was accepted by a narrow vote of the Marylebone Cricket Club, to its current global popularity, from its original superstar Chris Gayle to newcomers like Rashid Khan and Sandeep Lamichhane, T20 has become a phenomenon that has resurrected the game of cricket. From the sunny beaches of Trinidad and Tobago, which gave the world a West Indian team feared by its contemporaries, to the raucous stadiums of the IPL, today one of the world's most valuable sport tournaments, from India's original rejection of T20 to ultimately embracing it, signalling a shift in world cricket, Wigmore and Wilde break down how T20 has changed the game entirely, and why it may be the future of cricket.

[The Art of Wrist-Spin Bowling](#) - Peter Philpott 1997-02-10

With the striking success of Shane Warne and Abdul Qadir in modern Test cricket, wrist-spin bowling is definitely back in fashion. In this fully illustrated and readable book, Peter Philpott shows players and coaches at all levels how to acquire the skills of this highly dexterous style of bowling. Areas covered include the basic techniques covered step by step, solving bowling problems, how to bat against wrist-spin, mental and physical preparation for matches, and the tactics to use.

The English Spy - Charles Molloy Westmacott
1825

Shane Warne's Century - Shane Warne
2011-04-01

With a flamboyant approach to the game on and off the pitch, Australia's greatest bowler Shane Warne is an irresistible cricketing force. In *Shane Warne's Century*, he candidly profiles 100 players from every Test nation who have had the most significant impact on his cricketing life. Warne is famous for having never scoring a Test century, although he came tantalisingly close on several occasions. He now wants to set the record straight by writing about a century of cricketing stars he has encountered during his illustrious career. The famous names featured here include fellow Australian legends Allan Border, Steve Waugh, Ricky Ponting and Glenn McGrath, as well as adversaries such as Brian Lara, Sachin Tendulkar, Jonty Rhodes and Freddie Flintoff. Warne also puts together a dream Test match of those he would have loved to have played alongside versus a team of international legends. Pulling no punches and giving a fascinating insight into the game, Warne serves up highly readable anecdotes and opinions. Throughout the book, Warne covers the serious issues affecting cricket today, such as cheating and match-fixing, and assesses a large number of professional relationships he has enjoyed and endured, including those with Sri Lankan star Arjuna Ranatunga and South African captain Graeme Smith. *Shane Warne's Century* is a genuine page-turner by one of cricket's most popular stars and is a must-read for all cricket fans.

The Bowler's Art - Brian Wilkins 1991

Bowling - Sam Collins 2012-03-29

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 stride Technique for each style of delivery 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 style of delivery, patience and discipline Advanced 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.

The Story of Wivenhoe Cricket - Jon Wiseman
2011

Nonlinear Pedagogy in Skill Acquisition - Jia Yi Chow 2022-01-25

Nonlinear Pedagogy is a powerful paradigm for understanding human movement and for designing effective teaching, coaching and training programmes in sport, exercise and physical education (PE). It addresses the inherent complexity in learning movement skills, viewing the learner, the learning environment and the teacher or coach as a complex interacting system. The constraints of individual practice tasks provide the platform for functional movement behaviours to emerge during practice and performance. The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is updated, in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development. The first part of the book updates the general theoretical framework to explain processes of skill acquisition and motor learning. This edition draws clearer links between skill acquisition, expertise and talent development.

focusing on how specificity and generality of transfer have a role to play in the development of learners. The book defines Nonlinear Pedagogy and outlines its key principles of practice. It offers a thorough and critical appraisal of the functional use of instructional constraints and practice design. It discusses methods for creating challenging and supportive individualised learning environments at developmental, sub-elite and elite levels of performance. The second part focuses on the application of Nonlinear Pedagogy in sports and PE. There is a greater emphasis on helping applied scientists and practitioners understand the impact of Nonlinear Pedagogy on transfer of learning. Every chapter is updated to provide relevant contemporary cases and examples from sport and exercise contexts, providing guidance on practice activities and lessons. Nonlinear Pedagogy in Skill Acquisition is an essential companion for any degree-level course in skill acquisition, motor learning, sport science, sport pedagogy, sports coaching practice, or pedagogy or curriculum design in physical education.

Valiant Cricketer - Alan Hill 2012-07-26

Three times an Ashes winner, Trevor Bailey is regarded next to Ian Botham as England's premier allrounder since the Second World War. He was a schoolboy prodigy at Dulwich College and won cricket and soccer blues at Cambridge University and an FA Amateur Cup winners' medal with Walthamstow in 1951-2. At the heart of the story is the fighting spirit of a loyalist that served England &- and his home county, Essex &- so well in a crisis. He was at his greatest when the tensions ran high, especially in one of the most celebrated of rearguard actions against Australia at Lord's in 1953. Bailey played in 61 Tests in which he became then only the second Englishman after Wilfred Rhodes to score 2000 runs and take 100 wickets. His cricket acumen in retirement brought him to the attention of another, listening public as a broadcaster on the BBC's Test Match Special programme.

Bowling Psychology - Hinitz, Dean 2016-05-16

Dean Hinitz gives serious bowlers the mental tools for performing at their best. Bowling Psychology features the latest mental training concepts including mindfulness training, sensory awareness, and mind-body connection as well as insightful interviews from top bowlers—many of

whom are clients of the author.

Cricket and Society in South Africa, 1910-1971 - Bruce Murray 2018-09-01

This book explores how cricket in South Africa was shaped by society and society by cricket. It demonstrates the centrality of cricket in the evolving relationship between culture, sport and politics starting with South Africa as the beating heart of the imperial project and ending with the country as an international pariah. The contributors explore the tensions between fragmentation and unity, on and off the pitch, in the context of the racist ideology of empire, its 'arrested development' and the reliance of South Africa on a racially based exploitative labour system. This edited collection uncovers the hidden history of cricket, society, and empire in defining a multiplicity of South African identities, and recognises the achievements of forgotten players and their impact.

Magic of Spin - Ashley Mallett 2019-11-01

asters of the art. They include Bill O'Reilly, who Sir Donald Bradman claimed to have been the greatest bowler of his experience; Clarrie Grimmett, arguably the 'father' of spin bowling in Australia; and the greatest spinner of the modern era, Shane Warne. The many other spin bowlers included in the book include Arthur Mailey, Don Blackie, Chuck Fleetwood-Smith, Jack Iverson, Richie Benaud, Jim Higgs, Tim May, Stuart MacGill and Nathan Lyon.

Spin bowlers in cricket are masters at making the ball loop slowly through the air to confuse batsmen. Legends of the game know the magic combinations of top-spin, side-spin and off-spin necessary to fool the opposition. **The Magic of Spin**, dissects the various aspects of spin bowling through the stories of the bowlers themselves. In addition it includes the history and evolution of spin bowling: the wrong'un or googly was 'invented' by Bernard (BJT) Bosanquet; Grimmett 'invented' the flipper, the ball Warne in later years bowled so brilliantly; and Bill O'Reilly learned about spin bowling by watching Grimmett like a hawk in Test matches. The batsmen who have played the great spinners through the years will also help to explain the dark art of spinning.

'Spin bowling is magical and to a lot of people [a
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few batsmen included] a mystery.' - Ian Chappell

Dictionary of Sport and Exercise Science - A & C Black Publishers Ltd 2006

Containing over 5,000 terms relating to sport and sports science, this is a reference book for anyone interested in the fascinating world of sport. It covers anatomy, physiology, physiotherapy, biology, sports medicine, sporting rules and regulations, governing bodies, health and fitness and banned substances.

Bowls - English Bowling Association 2009-08-04
Illustrated guide to rules, techniques and training tips.

Twirlymen - Amol Rajan 2011

From W. G. Grace to Shane Warne Twirlymen is an essential look at that most eccentric of cricketers - the spin bowler They are the masters of deception, the jokers in the pack; illusionists conjuring wickets out of thin air with nothing more than an ambled approach and a wonky grip. Not for them the brutish physicality of the pace bowler nor the reactive slogging of the batsman. Theirs is a more cerebral art. They stand alone in a team sport. They are Twirlymen.

The Art and Science of Cricket - Bob Woolmer 2009

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.

Hitting Against the Spin - Nathan Leamon 2021-06-10

'Fascinating and insightful . . . lifts the curtain to reveal the inner workings of international cricket. A must-read for any cricketer, coach or fan' Eoin Morgan 'This path-breaking book should be compulsory reading for commentators and captains - and all cricket fans' Mervyn King 'Clever and original but also wise' Ed Smith How valuable is winning the toss? And how should captains use it to their advantage? Why does a cricket ball swing? Why don't Indians bat left-handed? What is a good length and why? Why are leg-spinners so successful in T20 cricket? Why did England win the World Cup? Why do all Test bowlers bowl at either 55 or 85mph? Why don't they pitch it up? All cricketers long to know the answer to these questions and many more. Only fifteen years ago it would have been difficult to answer them - cricket was guided only by decades-old tradition and received wisdom. Data has changed everything. Today we can track every ball to within millimetres; its release point, speed and bounce point are measured as are how much the ball swings, how much it deviates off the pitch, the exact height and line that it passes the stumps, and multiple other variables. Hitting Against the Spin is the story of that data, and what it can tell us about how cricket really works. Leading cricket thinkers Nathan Leamon and Ben Jones lift the lid on international cricket and explain its hidden workings and dynamics - the forces that shape cricket and, in turn, the cricketers who play it. They analyse the unseen hands that determine which players succeed and which fail, which tactics work and which don't, which teams win and which lose. They also explore the new world of franchise cricket as well as the rapid evolution of the T20 format. Revolutionary in its insights, Hitting Against the Spin takes you on a fascinating whistle-stop tour of modern cricket and sports analytics, bringing cricket firmly into the twenty-first century by revealing its long-kept secrets. This is the most important cricket book in decades.

On Warne - Gideon Haigh 2012-10-25

THE CRICKET SOCIETY/MCC BOOK OF THE YEAR and THE BRITISH SPORTS BOOK

AWARDS CRICKET BOOK OF THE YEAR. Shane

Warne is one of the most fascinating sports people on the planet. You might not follow cricket, you may never have even seen Warne play, yet you know who he is, what he looks like and what is going on in his personal life at any given time. Selected as one of five Wisden Cricketers of the Century, Warne dazzled opposition batsmen with his bowling and thrilled cricket fans with his skills, outspokenness and scandals off the pitch. Gideon Haigh, one of the world's most celebrated cricket journalists, tackles this great personality in his unique style. How has Warne shaped his sport and how has his sport shaped him? Who is the real man behind the back page and front page headlines? This short book reveals more about Warne than any number of other, much longer, volumes could ever do. As the Cricketer said: it is 'definitive'.

The Art of Cricket - Sir Donald Bradman 1998

How to Bowl Faster - Paul Hoffmann
2020-10-16

Fast bowling is a cricketing skill that now, more than ever, requires a mix of brains and brawn. Twenty20 cricket has resulted in fast bowlers being cannon-fodder for many batsmen. Batsmen are now dominating and are becoming more inventive, as cricket evolves into a game where high scores are the norm and bowlers are almost anonymous. Bigger bats, smaller grounds, flatter pitches and fielding restrictions all point towards one thing: runs. But, it's time for the fast bowler to fight back. In "How to Bowl Faster...and take more wickets" former international cricketer Paul Hoffmann provides a thorough guide to bowling that will help speedsters of all ages take back control. Hoffmann looks in depth at how bowlers can add pace, pinpointing specific physical drills and activities to help achieve this. He also goes into great detail about the technical side of the skill, such as the run-up, delivery, grip, field placements and tactics. This book of nearly 50 chapters is a fresh take on an old, proud and prestigious sporting art, with input from coaches such as Trent Woodhill, as well as advice from current and former international cricketing stars such as: Dougie Brown, Bob Cottam, Gavin Hamilton, Ed Cowan, John Blain, Yasir Arafat, Kyle Coetzer, Calum MacLeod, Sikandar Raza, Shane Burger and

George Munsey. Hoffmann also recounts hilarious anecdotes from his time on and off the cricket pitch, and tells the real story behind his infamous 2007 shoulder barge.

Twenty20 Cricket - Matt Homes 2011-11-01

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.

South Africa's Greatest Bowlers - Ali Bacher
2019-12-06

Who are South Africa's greatest bowlers? The South African cricket team has always had a formidable bowling attack, feared by batsmen around the world. Kagiso Rabada appears near the top of the current ICC rankings, and previous teams and generations have included their own legends. But who are the greatest of them all? Following the success of their books on all-rounders and batsmen, Ali Bacher and David Williams now turn their attention to South Africa's top bowlers. The book features early legends such as Hugh Tayfield, Neil Adcock and Peter Pollock; post-isolation stars Allan Donald, Fanie de Villiers, Makhaya Ntini and Paul Adams; and recent speedsters Dale Steyn, Morne Morkel, Vernon Philander and Kagiso Rabada. It also considers players who, but for apartheid, might have been their equals. **South Africa's Greatest Bowlers** provides fascinating insights about each man's background and career, their technique and their main achievements. Based on new interviews, the book will take the reader down memory lane as

former and current players reminisce about their most important matches, the opponents they loved and hated bowling to, and the teammates they most respected. Written by cricket legend Ali Bacher and top journalist David Williams, this is a book that no cricket fan can be without.

The Impact of Technology on Sport II - Franz Konstantin Fuss 2007-10-11

Sport technology has to be seen from the holistic, as well as inter- and transdisciplinary point of view. Product development requires close collaboration between engineers, athletes, sports scientists, and business managers. It requires an in-depth understanding of engineering disciplines, life and sport sciences, as well as economics. The Impact of Technology on Sport II has in its core precisely this philosophy and approach. It aims to provide a deeper insight into the current status of sports technology and to present recent developments in this area from the perspective of different disciplines, industrial practice, academia and athletes. This book brings together work from researchers around the world and, in particular from the Asia-Pacific region. Most sport technologies are covered, including equipment and materials in various ball sports (golf, cricket, baseball, soccer, tennis, etc.), water sports, athletics, winter sports, mountaineering, motor sports and martial arts. The different technological areas extend to design; dynamics, vibrations and control; aerodynamics; instrumentation and measurements; modelling, simulation and optimisation; biomechanics and human performance; sports medicine; coaching and sports education.

Fast Bowler's Bible - Ian Pont 2013-03-01

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.

Cricket Coachmaster Batting Mechanics - Gary Palmer 1999

No Spin - Shane Warne 2019-07-02

Everyone knows the story, or thinks they do. The leg-spinner who rewrote the record books. One of Wisden's five cricketers of the twentieth century. A sporting idol across the globe. A magnet for the tabloids. But the millions of words written and spoken about Shane Warne since his explosive arrival on the Test cricket scene in 1992 have only scratched the surface. The real story has remained untold.

No Coward Soul - Stephen Chalke 2008-11-01

Quick Whit - Mike Whitney 1993

Autobiography of one of contemporary cricket's best-known and most personable characters. Noted for both his skills as a fast bowler and his talent as a witty raconteur, the author presents a detailed, humorous and at times controversial account of his life. Contains many illustrations, a foreword by Alan Davidson and a complete statistical analysis of the writer's cricketing career.

The Escaping Club - Alfred John Evans 1922

10 for 66 and All That - Arthur Mailey 2008-10

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Arthur Mailey's classic autobiography, first published in 1958, is a wry and engaging account by a talented cricketer from a very different era - full of zest, varied, quick, shifting the point of attack, sometimes extravagant, frequently brilliant and always thoughtful. For fifty years, Arthur Mailey played and watched first-class cricket. During his Test career he played against many of the greats, and on one notable occasion dismissed his idol, Victor Trumper, to his immediate regret: 'I felt like a boy who had killed a dove.' 10 for 66 and All That is a reminder of the glory days of cricket - amateurs and professionals, Bradman, Noble and Trumper batting, and Barnes, O'Reilly and Fleetwood-Smith with the ball.

The Constraints-Led Approach - Ian Renshaw
2019-02-11

For the last 25 years, a constraints-based framework has helped to inform the way that many sport scientists seek to understand performance, learning design and the development of expertise and talent in sport. The Constraints-Led Approach: Principles for Sports Coaching and Practice Design provides students and practitioners with the theoretical knowledge required to implement constraints-led approaches in their work. Seeking to bridge the divide between theory and practice, the book sets out an 'environment design framework', including practical tools and guidance for the application of the framework in coaching and skill acquisition settings. It includes chapters on constraints-led approaches in golf, athletics and hockey, and provides applied reading for

undergraduate and postgraduate students of motor learning, skill acquisition and developing sport expertise. Providing a thorough grounding in the theory behind constraints-led approaches to skill acquisition, and a foundational cornerstone in the Routledge Studies in Constraints-Based Methodologies in Sport series, this is a vital pedagogical resource for students and practising sports coaches, physical education teachers and sport scientists alike.
Wizards - 2019

Physics of Baseball & Softball - Rod Cross
2011-02-22

This book describes the physics of baseball and softball, assuming that the reader has a basic background in both physics and mathematics. The physics will be explained in a conversational style, with words and illustrations, so that the explanations make sense. The book provides an excellent opportunity to explain physics at a relatively simple level, even though the primary objective is to explain the many subtle features concerning the physics of baseball. For those readers who already know quite a bit of physics and who will be comfortable with mathematical equations, additional material of this nature will be provided in appendices. The latest research findings and statistical data have been incorporated by the author. The book also contains many simple experiments that the reader can perform to convince themselves that the effects described do indeed exist.

Historic Ninepins - John Timbs 1869