

Bowling - , Mark Davis

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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. Author: Collins, Sam Author: Davis, Mark Publisher: Wisden Illustration: N Language: ENG Title: Bowling Pages: 00000 (Encrypted PDF) On Sale: 2012-03-29 SKU-13/ISBN: 9781408146552 Category: Sports & Recreation : Cricket

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