

101 Youth Cricket Drills Age 12-16 - Luke Sellers

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Designed specifically for players aged 12 to 16, this manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up; batting; bowling; fielding; wicket keeping; conditioned games; cooling down. As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players. Author: Sellers, Luke Publisher: A&C Black Illustration: N Language: ENG Title: 101 Youth Cricket Drills Age 12-16 Pages: 00000 (Encrypted PDF) On Sale: 2012-06-07 SKU-13/ISBN: 9781408123720 Category: Sports & Recreation : Cricket

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