

Twenty20 Cricket: How To Play, Coach And Win - , Darren Talbot

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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. Author: Homes, Matt Author: Talbot, Darren Publisher: Wisden Illustration: Y Language: ENG Title: Twenty20 Cricket: How to Play, Coach and Win Pages: 00000 (Encrypted PDF) On Sale: 2011-11-01 SKU-13/ISBN: 9781408129142 Category: Sports & Recreation : Cricket

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