



Bob Woolmer's Art and Science of Cricket

By Bob Woolmer; Tim Noakes; Helen Moffett

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Tim Noakes, Bob Woolmer. Place of Publication. London. He also directs the Medical Research Council/UCT Exercise Science and Sports Medicine Research Unit, which has produced nearly 400 scientific articles since its foundation 12 years ago. DR HELEN MOFFETT is a freelance writer and academic (she is a Senior Research Fellow at the African Gender Institute at the University of Cape Town). She is passionate about cricket, and has lectured all over the world on the social, political and cultural dimensions of the game. She has also co-produced two documentary films on cricket, transformation and nation-building in South Africa. Country of Publication

Robert Andrew Woolmer (14 May 1948 – 18 March 2007) was an English cricket coach, cricketer, and a commentator. He played in 19 Test matches and six One Day Internationals for the England cricket team and later coached South Africa, Warwickshire and Pakistan. On 18 March 2007, Woolmer died suddenly in Jamaica, just a few hours after the Pakistan team's unexpected elimination at the hands of Ireland in the 2007 Cricket World Cup. Shortly afterwards, Jamaican police announced that they were opening a Cricket books are no different, and as such, the review team sometimes make a decision to sit on a book for a while, so that the final rating is not unduly affected by external factors. This was the case with the posthumous publishing of Bob Woolmer's The Art and Science of Cricket. However, a couple of years after the initial 2008 release, it was felt appropriate to now provide a review. There have been many cricket coaching manuals over the years. Some of the better known ones include James Pycroft's 1851 book entitled The Cricket Field (or The History and the Science of Cricket), The Jubile Woolmer, who had practically completed the book before his sad death during the 2007 World Cup, intended it to be far more than a mere coaching manual, though that section benefits from his considerable experience and innovatory thinking. His aim was to cover all aspects of the game, including selection, strategy, psychology, fitness and physiology, and with the help of two academics, Dr Helen Moffett and Professor Tim Noakes, a sports scientist, he succeeded triumphantly. Everything from the mysteries of swing to sledging and spinal injuries is analysed in this hefty tome (656 pages), with a Start by marking "Bob Woolmer's Art and Science of Cricket" as Want to Read: Want to Read saving! Want to Read. Bob Woolmer's tragic death in 2007 came as a shock to all cricket lovers. A successful player and even more successful coach, at 58 the expectation was that he would have many more productive years to give the game, as he no doubt thought himself, being most of the way to completing this book. And what a mighty tome it is - over 600 pages devoted to almost everything one could think of to help the modern player become his or her best at this great game. Those older cricket fans would look at the Bob Woolmer's tragic death in 2007 came as a shock to all cricket lovers.