



Bob Woolmer's Art and Science of Cricket

By Bob Woolmer; Tim Noakes; Helen Moffett

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ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...

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

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

Robert Andrew Woolmer (14 May 1948 – 18 March 2007) was an international cricketer, professional cricket coach and also a professional commentator. He played in 19 Test matches and 6 One Day Internationals for England 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 Bob Woolmer was an international cricketer, professional cricket coach and also a professional commentator. Follow up to get more information about Woolmer's career info, records, and stats @ Sportskeeda. He was hailed as a promising all-rounder, and the only argument about Woolmer's cricketing ability and future in the game, was whether he might become a better bowler than batsman or vice versa. Domestic Career. Bob made his senior debut against Essex at the age of 20, but won his county cap only a year later. Ability to move the ball at medium pace and utter sharp batting skills were some of the best bets in his arsenal. At the age of just 22, Woolmer began coaching other youngsters in South Africa.