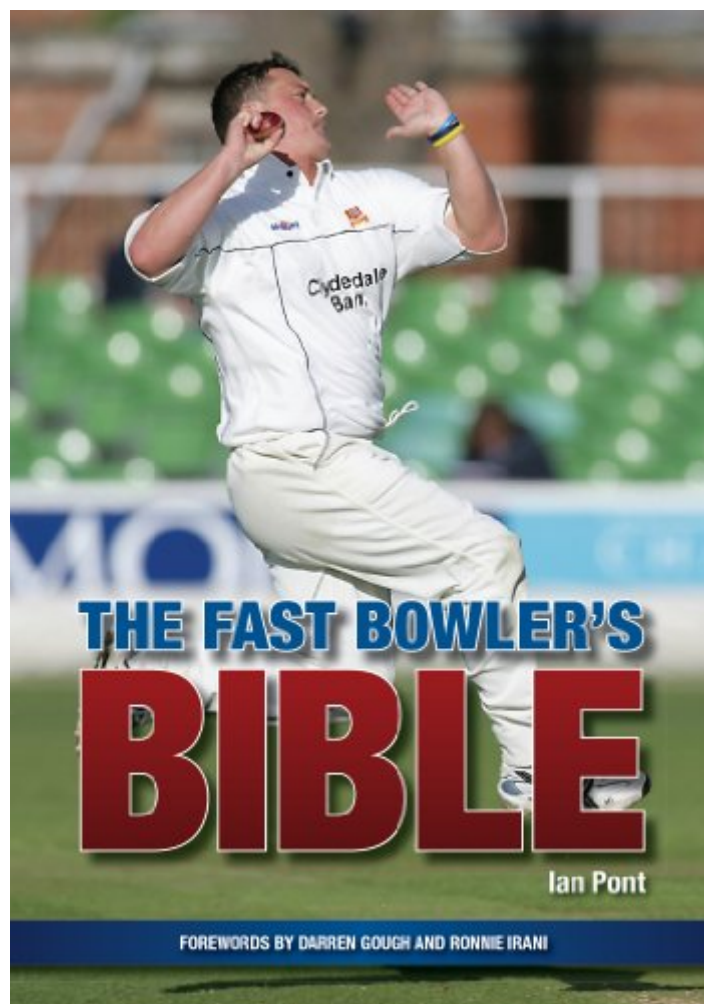


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# Fast Bowler's Bible



## Synopsis

This fascinating book reveals the secrets of fast bowling and explains how it is possible to simultaneously bowl fast, straight and accurately. The Fast Bowler's Bible is a very practical, easily accessible bowling manual that any seam or swing bowler playing at any level can understand. It contains explosive new information being used by the world's best cricketers. "I wish that I had met Ian Pont, the bowling coach, ten years before I did... Ian is an expert in his field and has got some excellent ideas on how to engineer a bowling action." Ronnie Irani, Essex and England. Written by one of the world's best fast-bowling coaches. Well illustrated with sixty photographs and thirty-four diagrams and drawings. Explains what part of your body generates pace and why holding onto the ball longer is far more effective. Unravels the mysteries of advanced biomechanics as they apply to bowling. Reveals how to bowl crushingly effective bouncers and yorkers every time. Discusses what to do in practice and what to avoid. Analyses how to train and exercise in order to produce the best results. Illustrates all the correct grips for each delivery so that you get it right every time. Describes how to increase pace effortlessly, how to adopt the correct mental approach, how to deal with pressure, how to apply it to the opposition, and much more. This invaluable book tells you everything you need to know about how to bowl fast. Packed with tips and tricks, it is essential reading for bowlers of all ages as well as their coaches. Well illustrated with sixty black & white photographs and thirty-four diagrams and drawings. Ian Pont is an expert in his field and one of the world's best fast-bowling coaches.

## Book Information

File Size: 25385 KB

Print Length: 128 pages

Publisher: Crowood (March 1, 2013)

Publication Date: March 1, 2013

Sold by: Â Digital Services LLC

Language: English

ASIN: B00BAHDOM8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #414,255 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #18 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Cricket #29 in Books > Sports & Outdoors > Individual Sports > Bowling

## Customer Reviews

I play league cricket in the USA. After my knee surgery, I have lost the rhythm in my bowling, lost pace and spraying the ball around. I have been looking for a book that teaches me not just what to do, but also the mechanics behind it. In that sense, it is the only book available. Author followed how and why to do every step that constitutes the bowling action, starting from the run up to follow through. I have improved my pace and control within a couple of practice sessions. I recommend this book to every bowler. One caution is that one may need to read the book again and again to understand it, at least in my case.

Fast bowling cannot be improved by reading a book. Nevertheless it will tell you how things should be done. At the end of the day, you need somebody to watch your action or you need to record it on a continuous basis to enable corrective action. A very good read, but be real and you will see results if you work with somebody who has read the book.

Like anything in coaching, particularly coaching fast bowlers, nothing is the total be end of all. This book, however, provides a valuable resource for coaches learning their way. It adds to the library and gives another interesting point of view to ponder when looking at your own coaching methods. I for one found it to be a well written and easy to understand book. Well set out, some very good information.

My husband is a bowler and he loved this book! He says it's really helped him to improve.

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