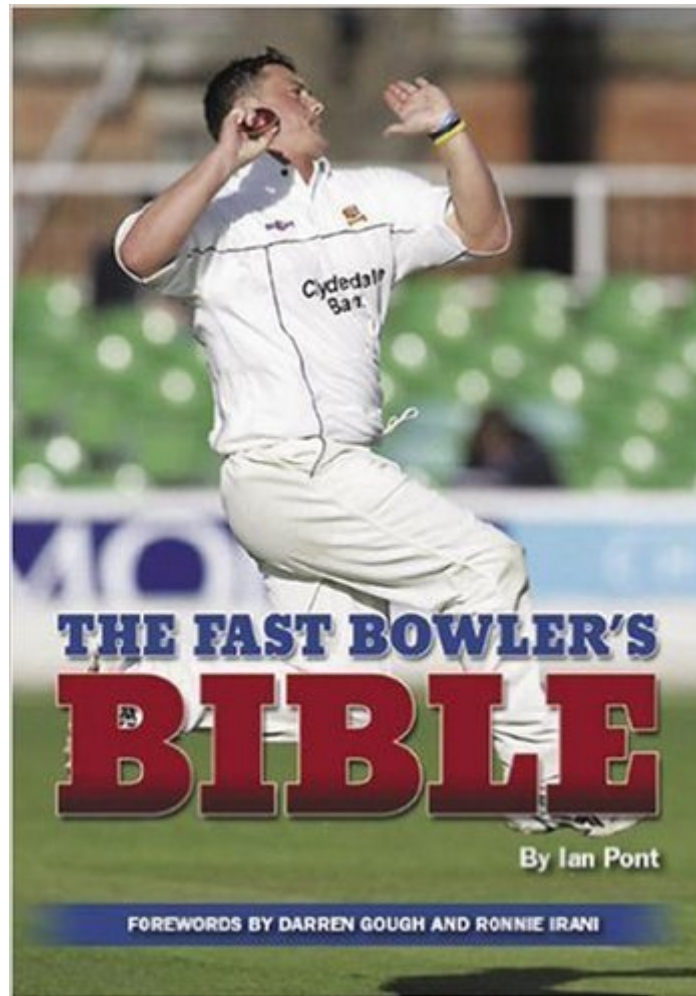


The book was found

The 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. It is a very practical, easily accessible bowling manual that any seam or swing bowler playing at any level can understand. Additionally, it contains explosive new information being used by the world's best cricketers.

Book Information

Paperback: 128 pages

Publisher: Crowood Press (May 1, 2006)

Language: English

ISBN-10: 1861268513

ISBN-13: 978-1861268518

Product Dimensions: 6.5 x 0.5 x 9.1 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #355,369 in Books (See Top 100 in Books) #19 in [Books > Sports & Outdoors > Individual Sports > Bowling](#) #21 in [Books > Sports & Outdoors > Other Team Sports > Cricket](#)

Customer Reviews

I play league cricket in the USA. After my knee surgery, I have lost the rythm 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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