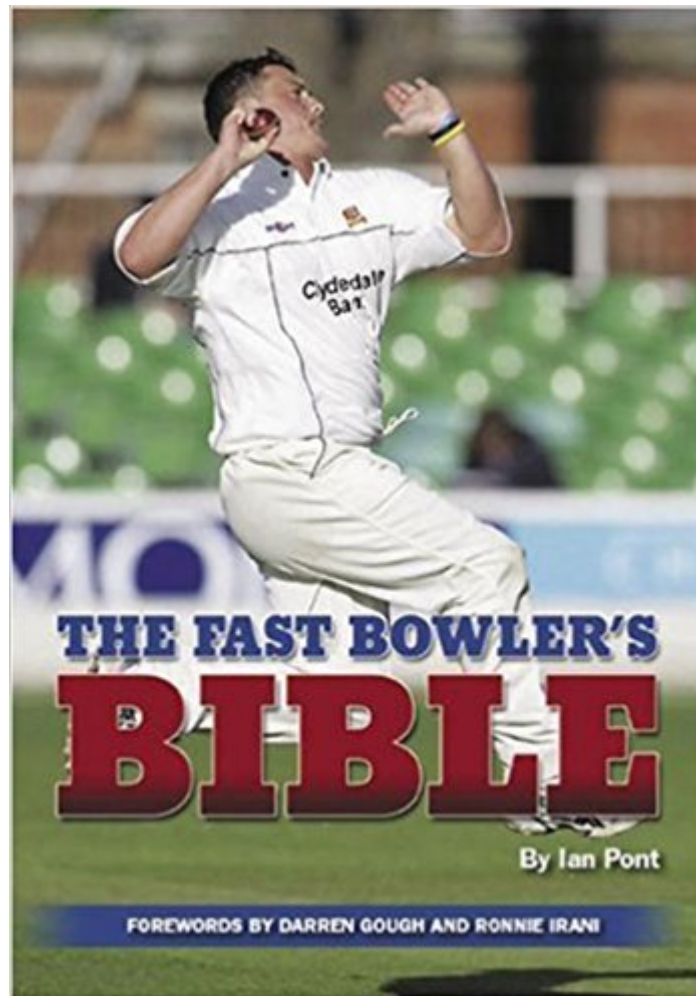




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The Fast Bowler's Bible



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

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Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,523,296 in Books (See Top 100 in Books) #56 in Books > Sports & Outdoors > Individual Sports > Bowling #134 in Books > Sports & Outdoors > Other Team Sports > Cricket

Customer Reviews

"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

Ian Pont was an aggressive fast bowler who played first-class cricket for Northamptonshire, Essex and Kwa-Zulu Natal. Renowned for his naturally gifted, powerful arm, he has recorded the second longest cricket ball throw of all time. Ian works with international and county bowlers and his success at improving bowling actions for speed, straight lines and accuracy means that he is much in demand.

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.

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

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.

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.

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