



Bob Woolmer's Art and Science of Cricket

By Bob Woolmer; Tim Noakes; Helen Moffett

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Reviews

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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

Woolmer's coaching manual - 'The art and science of cricket' - was described as "trailblazing" when it was released. He is widely credited with making the reverse-sweep a popular shot among batsmen, while his technology-led innovations were ahead of their time. Most notably, he tried to introduce the use of earpieces between captain and coach after seeing the method used in other sports. Read: Woolmer second on world's best cricket coaches list (external website). 'You wonder if you're next on the hit-list'. The Jamaica Pegasus hotel where Woolmer w Bob Woolmer, one of cricket's great pioneers, passed away 10 years ago this week. Here are some thoughts on what his legacy looks like a decade on from his death. Occasionally derided for being chained to his laptop, Woolmer's enthusiastic embrace of sports science and new technologies made him arguably the first cricket coach to adapt to the digital age. There have been many analytically-minded coaches in cricket's recent history, but few have been able to combine their scientific expertise with a talent for clear and effective communication. Woolmer's mastery of that synthesis was at the heart of his success. 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.