



## Bob Woolmer's Art and Science of Cricket

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By Bob Woolmer; Tim Noakes; Helen Moffett

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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

Bob Woolmer, former head coach of the South African cricket team, wrote in "The Art and Science of Cricket," that batting has five basic principles: "Watch the ball, keep your head still on release of the ball, judge length accurately, allow your hands to lead your body and feet into the correct position and select the correct shot." Your grip on the bat should feel natural, using the same tension as when you pick the bat up from the ground. Try to relax at the crease since tension will restrict your movement and have a negative impact on your technique. Lift the bat up as