



## Bob Woolmer's Art and Science of Cricket

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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

Start by marking "Bob Woolmer's Art and Science of Cricket" as Want to Read: Want to Read savingâ€¦| Want to Read.Â 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. BOB WOOLMER was considered the most forward-thinking coach in international cricket at the time of his tragic death at the 2007 World Cup in the Caribbean. He had just completed his magnum opus, a lifetimeâ€™s wisdom garnered from playing and coaching cricket at the highest levels, as well as working with the most gifted cricketers of current times. DR. HELEN MOFFETT is a freelance writer and academic.Â In 2002 he received a doctor of science degree from UCT for seminal research findings in the exercise sciences. Noakes is one of the 22 founding members of the International Olympic Committeeâ€™s Olympic Science Academy and is a fellow of the American College of Sports Medicine.