



we can all play cricket: Cricket Skills for You!

By MR Len Enoch

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Love cricket? Want to know the proper way to play the shots, bowl leg spin or stop the ball in the field with an ace Long Barrier? Study it for yourself – anywhere! This book has 128 colour pages packed with detailed pictures, diagrams, skills sheets and simple explanations plus quizzes and fun pages. A completely new type of sports book which gives YOU the info you need, fun and easy to read. If you know nothing about cricket or already play DON'T MISS THIS BOOK! This is like no coaching book you've ever seen! Cricket is fun and we hope this book will help you to enjoy it.! Whether you're a complete beginner or a very experienced club player this book is for you! Puzzled as to how the front foot drive should be played? About the proper way to catch a ball? The bowling action? This book is full of accurate pictures of every basic skill in cricket, with easy to follow steps of how the skills are done, plus lots of fun sheets. OK, you can't learn a sport from a book but having pictures and lots of information certainly helps! Study these skill sheets. Practice the stances in front of a mirror. If you like drawing try drawing out the poses for yourself (drawing something is a great way to get it in your head). The book is in four sections, Fielding GREEN, Batting, RED, Bowling BLUE, Wicketkeeping, ORANGE. It starts with a simple explanation of the game of cricket then gets in to more detail, But however much cricket you've played the skills sheets are for you!

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Editorial Review

About the Author

Len Enoch is head of junior coaching at Wanstead Cricket Club in East London. one of the most successful clubs in the UK, having enjoyed playing cricket all his life.

Users Review

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