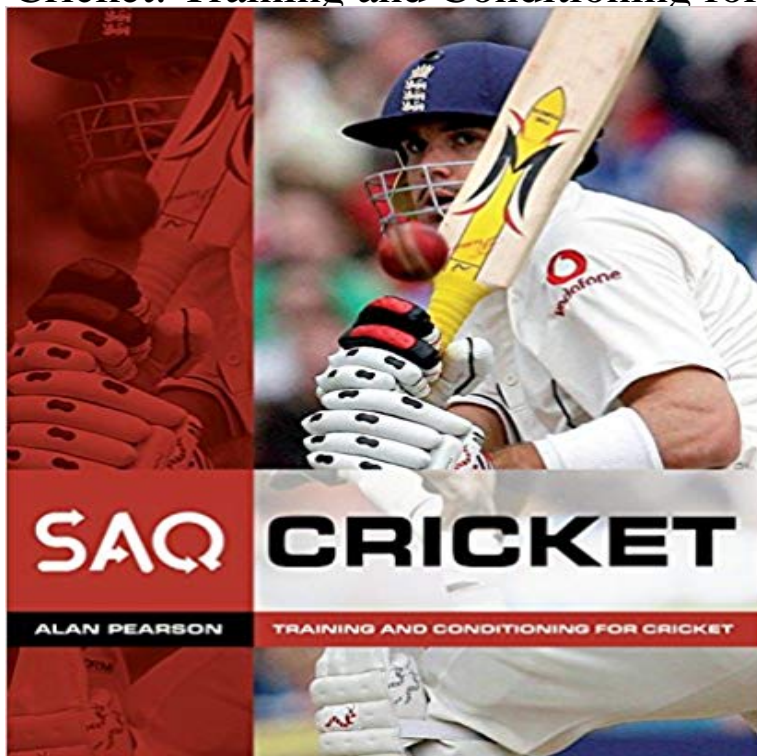


Cricket: Training and Conditioning for Cricket (SAQ)



Cricket is a physically and mentally demanding sport - requiring multi-directional speed, coordination and agility, not to mention excellent fitness levels. This book provides a complete conditioning programme that will help cricketers and coaches at all levels develop these skills and reach optimum performance. Featuring techniques that are tried and tested by leading coaches and players, this essential resource contains a wide range of easy-to-follow, clearly illustrated drills that will develop skills in all areas of the game.

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