



# Fast Bowler's Bible

*Ian Pont*

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## **Fast Bowler's Bible** Ian Pont

This fascinating book reveals the secrets of fast bowling and explains how it is possible to simultaneously bowl fast, straight and accurately. The Fast Bowler's Bible is a very practical, easily accessible bowling manual that any seam or swing bowler playing at any level can understand. It contains explosive new information being used by the world's best cricketers. "I wish that I had met Ian Pont, the bowling coach, ten years before I did... Ian is an expert in his field and has got some excellent ideas on how to engineer a bowling action." Ronnie Irani, Essex and England. Written by one of the world's best fast-bowling coaches. Well illustrated with sixty photographs and thirty-four diagrams and drawings. Explains what part of your body generates pace and why holding onto the ball longer is far more effective. Unravels the mysteries of advanced biomechanics as they apply to bowling. Reveals how to bowl crushingly effective bouncers and yorkers every time. Discusses what to do in practice and what to avoid. Analyses how to train and exercise in order to produce the best results. Illustrates all the correct grips for each delivery so that you get it right every time. Describes how to increase pace effortlessly, how to adopt the correct mental approach, how to deal with pressure, how to apply it to the opposition, and much more. This invaluable book tells you everything you need to know about how to bowl fast. Packed with tips and tricks, it is essential reading for bowlers of all ages as well as their coaches. Well illustrated with sixty black & white photographs and thirty-four diagrams and drawings. Ian Pont is an expert in his field and one of the world's best fast-bowling coaches.

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#### **Michael Walsh:**

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