



The Young Cricketer s Companion (Paperback)

By MR Kevin Keys

Kevin Keys, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.There have been hundreds of books written on the subject of cricket coaching over the past two centuries. This book does not attempt to add to that list. Instead it attempts to provide young cricketers with nontechnical tips and techniques to help them develop into successful young cricketers. The Young Cricketer s Companion is for all young cricketers who wish to raise their level of performance. The book provides performance tips and valuable insights into the mental side of the game - the psychology of cricket - at a level suited to those aged between 10 and 18 years. The author covers the mental aspects of batting, bowling, fielding and wicket-keeping, as well as fitness, pre-season preparation, practice and captaincy. . for many years we have seen a plethora of books based on improving cricketing techniques. Seldom do we come across an approach to cricket which encompasses so many facets of the game, such as physical, mental and nutritional preparation. A good read for any players serious about their cricket who wish to improve their performance. Peter...



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Reviews

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