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## Review: Ultimate Pace Secrets by Ian Pont

By Kirby Meehan

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Updated: December 31, 2012

Every cricket fan loves watching the pace bowler in action, ripping balls down the pitch at great speeds, but we are also frequently frustrated by talented players having to sit out of matches time and again due to injury. In a move that has been debated at all levels, Cricket Australia has recently devised a rotation policy that currently includes resting the in-form Mitchell Starc for fear of injury. Former Essex all-rounder, cum baseball player, cum Coach Ian Pont suggests, in his new book *Ultimate Pace Secrets*, that such things may be unnecessary.

Having found success with his former titles, *the Fast Bowler's Bible* and *Coaching Youth Cricket*, which was recommended by the ECB as standard reading for youth coaches, Pont draws yet again on his vast experience as a successful bowling coach to bring us a new way of looking at pace bowling. Using meticulously researched biomechanics, Pont has developed a theory that can help improve pace bowling while minimising the risk of injury.

Focusing on the belief that small tweaks in an action can make large, overall changes to the effectiveness of a delivery, Pont explains his ideas without use of superfluous jargon. All parts of the bowling action are looked at; the delivery is broken down into its individual parts so they can be understood and worked on, one by one. The theory is backed up with suggested drills that are accompanied by clear photographs and a list of common mistakes made while bowling.

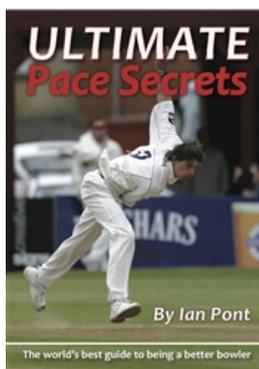
*"The role of bowling coach has evolved beyond recognition over the last 20 years and is now pivotal for player development within three playing formats and domestic T20 leagues. Coaches should be experts in bowling actions, be adept at using video analysis and learn how to up-skill their bowlers"*

Ian Pont *[quote]*

What I liked most about this book is that I understood it. I am not a bowling coach. I am not a bowler. My son gave up cricket several years ago, so I am not a cricket parent and I haven't played cricket in years. I've just watched it a lot. In fact, I am probably the last person who should be reviewing such a book. That I have both enjoyed and understood it; that I think it will enrich my viewing of pace bowling in the future, is a credit to Ian Pont that he may not have expected.

While it is important to remember that this book is one man's theory and not a magic wand, the author has evidently spoken to a large number of people at all levels of cricket and spent a lot of time working on his ideas. More than anything else, Pont's passion for the game shines out on every page. This is not a book designed to line the pockets with money, it is a book that genuinely seeks to improve pace bowling and the coaching of pace bowling for the long term good of the game.

**[Want to win a copy of Ultimate Pace Secrets? Deep Extra Cover has a copy to give to one lucky reader, all the details and how to enter can be found here.](#)**



The book is a must read for any young bowlers

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Revanth

January 1, 2013 at 6:43 pm

i want this book very badly

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