

PE Extended Reading List



101 youth cricket drills, age 12-16 by Luke Sellars (796.358)



A manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up; batting; bowling; fielding; wicket keeping; conditioned games; cooling down. As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players.

101 youth fitness drills, age 12 - 16 by John Shepherd (613.7)



This manual contains a wide range of progressive practice drills to help them develop their fitness. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: agility speed peripheral vision body awareness strength and general fitness As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the athletes.

Basketball A Guide to Skills, Techniques and Tactics by Alexandru Radu (796.323)



This comprehensive book covers the fundamental skills that every player needs to master in order to play basketball successfully. Written in an easy-to-understand style, the volume provides a thorough description of each skill and technique, and presents helpful coaching points that emphasize common mistakes. It presents several learning drills for each of the skills, which progress from beginner level through to the intermediate and more advanced levels, thus catering for the needs of players of all abilities. Catching and passing the ball, dribbling, shooting, rebounding, individual moves - such as defensive stance and fakes - as well as combination play between two or three players, and team-attacking and team-defence are all addressed in considerable detail.

Game Changers: The Unsung Heroines of Sports History by Molly Schiot



Based on the Instagram account @TheUnsungHeroines, a celebration of the pioneering, forgotten female athletes of the twentieth century that features rarely seen photos and new interviews with past and present game changers including Abby Wambach and Cari Champion.

Hockey skill, techniques, tactics by Jane Powel (796.355)



Crowood Sports Guides provide sound, practical advice that will make you a better player, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport.

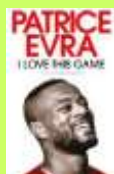
How I Won the Yellow Jumper by Ned Boulting



His story offers an insider's view of life behind the scenes of the Tour, as well as detailing the complexities and absurdities of reporting on the race and confronting the most celebrated riders - Cavendish, Wiggins, Armstrong et al - seconds after they cross the line.

Eight Tours on from Ned's humbling debut, he has grown to respect, mock, adore and crave the race in equal measure.

I love this game: the autobiography by Patrice Evra (796.334)



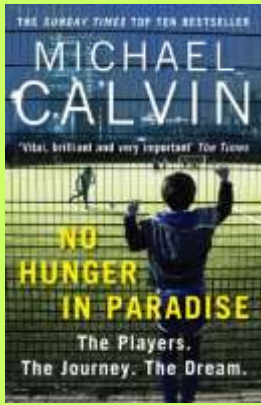
In I Love This Game, the long-awaited autobiography of Patrice Evra, the former Manchester United and France star looks back on a remarkable life and career. Having played alongside some of the club's greatest legends, such as Ryan Giggs, Cristiano Ronaldo, Wayne Rooney and Paul Scholes, in one of United's most successful eras, Evra has now found a new role as an in-demand pundit and social media star.

Marcelo Bielsa : the foundation of success at Leeds United by Salim Lamran (796.334)



As Marcelo Bielsa's interpreter, Salim Lamrani was his right-hand man throughout his first season in charge of Leeds United and a privileged witness to the 2018/19 campaign. Taking us match by match through Bielsa's first year in English football, Lamrani weaves a fascinating narrative and paints an intimate portrait of a unique football genius.

No Hunger in Paradise: The Players. The Journey's. The Dream by Michael Calvin (796.334)



"What's your dream, son?" A six year-old boy, head bowed, mumbles the eternal answer: "Be a footballer...." Steadman Scott, football's most unlikely talent scout, smiles indulgently, and takes him in from the street.

He knows the odds. Only 180 of the 1.5 million boys who play organised youth football in England will become a Premier League pro. That's a success rate of 0.012 per cent. How and why do the favoured few make it? What separates the good from the great? Who should they trust - the coach, the agent or their parents? Michael Calvin provides the answers on a journey from non-league grounds to hermetically sealed Premier League palaces, via gang-controlled sink estates and the England team's inner sanctum. He interviews decision makers, behavioural specialists, football agents and leading coaches.

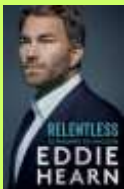
He shares the hopes and fears of players and their parents. He exposes bullying and a black economy in which children are commodities, but remains true to the dream.

Playmaker : my life and the love of football, my autobiography by Glenn Hoddle (796.334)



From scoring in an FA Cup final to winning the league in France; from revitalising Chelsea in the early 1990s, to managing the fall-out after David Beckham's infamous sending off at the 1998 World Cup; from surviving a near fatal cardiac arrest at the age of 61, to continuing to work within the game he loves - 'Playmaker' is a life lead through football, and an autobiography of one of the game's most admired, thoughtful and respected personalities.

Relentless: 12 Rounds to Success by Eddie Hearn (158.23)



What does it take to succeed? What is the mindset required to be the best? How do you stay at the top of your field? How do you come back from failure? Eddie Hearn knows what it takes. In his remarkable career, Hearn has worked alongside some of the biggest names in sports entertainment and has seen first-hand the grit and relentless determination that it takes to succeed. Structured around the key skills that Eddie Hearn values the most, this book looks at his business, life, and the drive to succeed.

Relentless: the secrets of the sporting elite by Alistair Brownlee (796.01)



In his quest to define 'sporting greatness', double Olympic champion Alistair Brownlee has spent nearly 4 years interviewing and training with some of the greatest minds in sport to discover what it takes to become - and remain - a champion. From the age of 11 Alistair Brownlee has been obsessed with being the very best, and not just improving his sporting performance across his three specialist triathlon disciplines of swimming, cycling and running, but also understanding how a winner becomes a dominant champion. Winning gold in consecutive Olympic Games has only strengthened this need and desire.

Rugby skills, tactics and rules by Tony Williams (796.333)



Is the go-to book for learning the game. It explains rugby's rough-and-tumble power and finesse as played by the best -- the hard-hitting All Blacks of New Zealand, whose 80 percent winning average makes it the most successful team in any sport anywhere in the world.

Too Many Reasons to Live by Rob Burrow (796.333)



Rob Burrow is one of the greatest rugby league players of all time. And the most inspirational. As a boy, Rob was told he was too small to play the sport. Even when he made his debut for Leeds Rhinos, people wrote him off as a novelty. But Rob never stopped proving people wrong. During his time at Leeds, for whom he played almost 500 games, he won eight Super League Grand Finals, two Challenge Cups and three World Club Challenges. He also played for his country in two World Cups. In December 2019, Rob was diagnosed with motor neurone disease, a rare degenerative condition, and given a couple of years to live. He was only 37, not long retired and had three young children. When he went public with the devastating news, the outpouring of affection and support was extraordinary. When it became clear that Rob was going to fight it all the way, sympathy turned to awe.

What a Flanker by James Haskell (796.33)



After seventeen years and with 77 international caps under his sizeable belt, he has a shitload to say about rugby life - from pitch to pub and everywhere in between. In *What A Flanker*, Haskell sheds fresh light on the dynamics and the day-to-day of the game. Whether he's recalling the most brutal team socials; dispelling the myths surrounding New Zealand's dominance; introducing his Japanese teammates to manscaping or calling out play-acting in the modern game, no subject is off limits. Side-splittingly funny and ruthlessly honest, *What A Flanker* delves into the touring, drinking, training, eating and sometimes unconscionable antics of the professional rugby player.

Whistleblower by Mark Clattenburg (796.334)



Mark Clattenburg found himself in the centre circle, whistle in hand, at the start of 450 Premier League matches during a highly eventful 13-year career in football's top flight. He has shaken hands with, issued red and yellow cards to, and been sworn at by hundreds of players. He has been screamed at and shared jokes with dozens and dozens of managers. And he's felt the wrath of thousands upon thousands of irate fans. His autobiography is a guide to what it's really like to be in the referee's spotlight. It offers numerous intriguing insights into the daily trials and tribulations, the acute stresses and strains, of a top-flight referee.