The first part of the book contains the memoirs of Dhyan Chand, starting with his introduction to hockey and covering the 1928, 1932 and 1936 Olympic Games, the tours of New Zealand and Australia in 1926 and 1935, as well details of the inter-provincial tournaments in pre-independence India and selection of the Indian Olympic teams. The second part is an instructional manual on how to play the game - in extreme detail. Both were serialised in Sport and Pastime between 1948 and 1951. Along with this, there are two sets of photographs from his playing days, including many that were printed in Sport and Pastime along with the memoirs and manual. Rajyavardhan Singh Rathore has written a new foreword for the book, and Dhyan Chand's son, Ashok Kumar, has written about his father. Also included is a set of statistics covering Dhyan Chand's playing career.