



PLAYER-CENTRED PLANING PROCESS



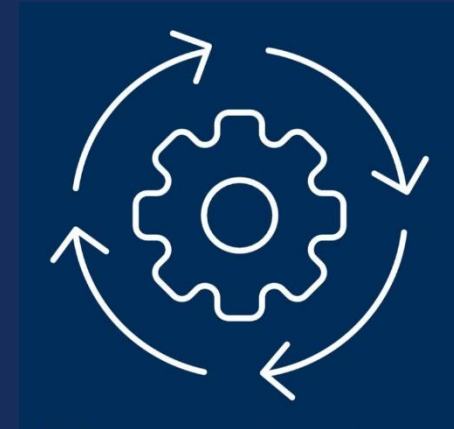
1: Who is the player?

- Q Name? Age? Experience?
- Q The whole person (beyond cricket)?
- Q Individuality (what can they already do – natural movements/current outcomes/how do they do it)?
- Q Safety (is how they currently perform the skill safe)?
- Q Stage of development (early/basic/enhanced)?
- Q Role – batting | bowling | fielding | wicketkeeping | captain
- Q What do they want/need to learn?



2: What outcomes will we achieve?

- Q Which part of the game will we develop – technical | tactical | physical | mental?
- Q Which cricket specific skill – batting | bowling | fielding | wicketkeeping?
- Q Which core principles/tactical knowledge/physical fundamentals/mental skills will we work on?
- Q How will we continue to enhance existing strengths?



3: What type of practice and coaching tools will I use?

- Q Where on the continuum of practice – fixed | variable | cricket game-based?
- Q What coaching tools will I use – instruct | demonstrate | observe | analyses | praise | use silence | question | feedback?