

THE CONTINUUM OF PRACTICE

Fixed practice

- Activities that require players to repeatedly perform the same skill or movement
- For example: batting – repeated front foot drive to constant feed; bowling – repeat stock ball, same line, length and trajectory
- Able to maximize practice repetitions within any session • Suitable for the introduction of new or complex skills
- Can improve players' immediate performance and confidence in practice
- Has potentially limited impact on learning and transfer of skills developed in practice into game situations

Variable practice

- Activities that require players to perform the skill or movement differently from one attempt to the next – no repetition
- For example: batting – randomized front and back foot attacking shots; bowling – stock-ball, slower-ball and Yorker are all practiced in a random order
- Attempt to replicate the random demands associated with the actual game
- Can enhance players' learning and development of game-specific skills
- Can be challenging and can lead to reduced practice performance and player confidence

Cricket game-based practice

- Scenarios that attempt to replicate the random demands associated with the actual game
- Typically delivered via small-sided or conditioned games
- For example: last four overs, batting on a turning pitch, etc
- Encourages the 'holistic' development of skills (integration of technical, tactical, physical and mental elements of the game)
- Allows a 'hands-off' coaching approach and encourages players to self-discover
- Promotes the potential transfer of skills developed in this type of practice to the actual game
- Players' immediate performance may be limited in comparison to a fixed practice
- A potentially challenging approach for coaches based on: confidence/time/space/organization/differentiation/practice repetitions

