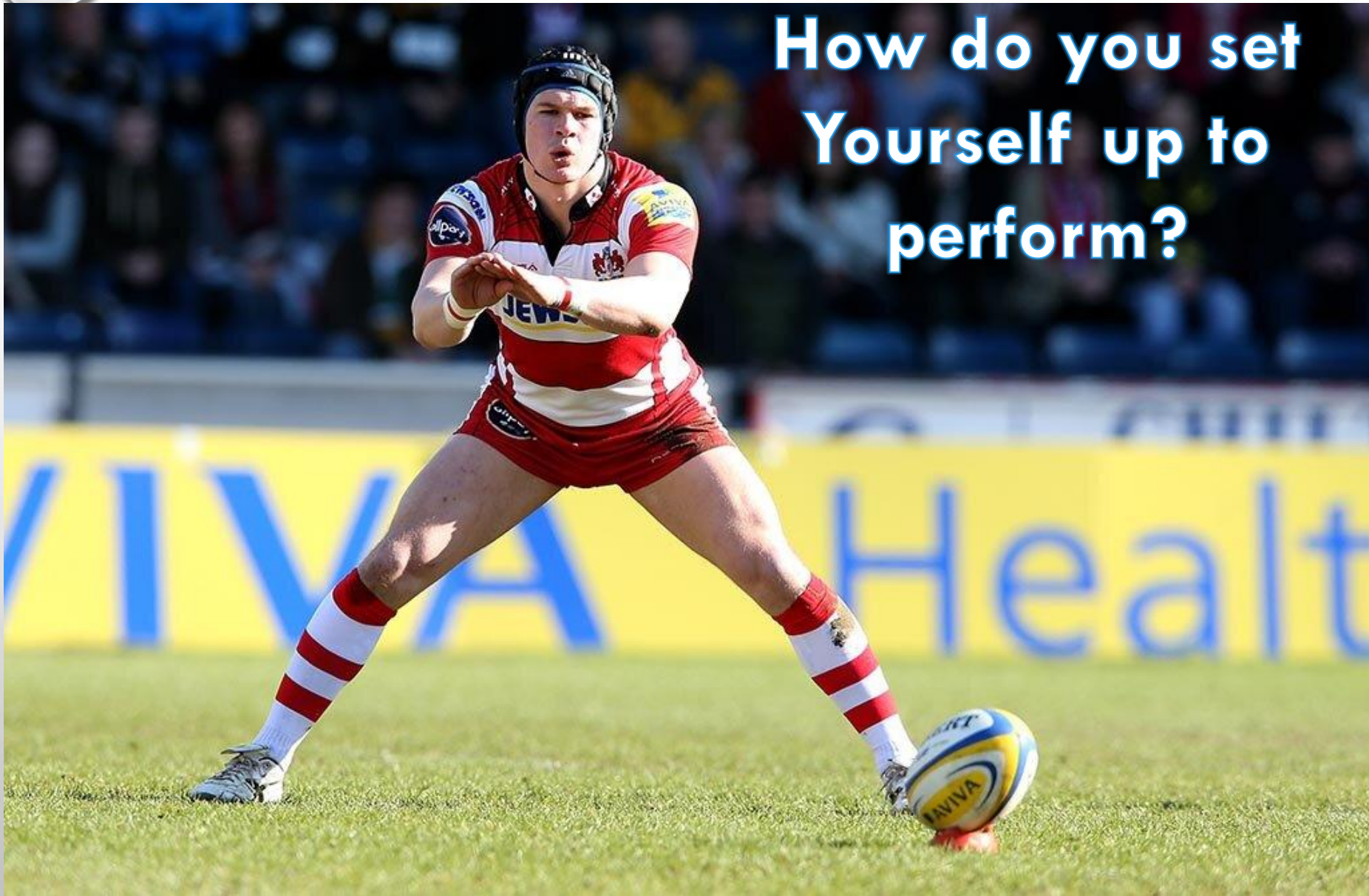


How do you set
Yourself up to
perform?



<https://www.youtube.com/watch?v=kickers>



**What are your
routines?**

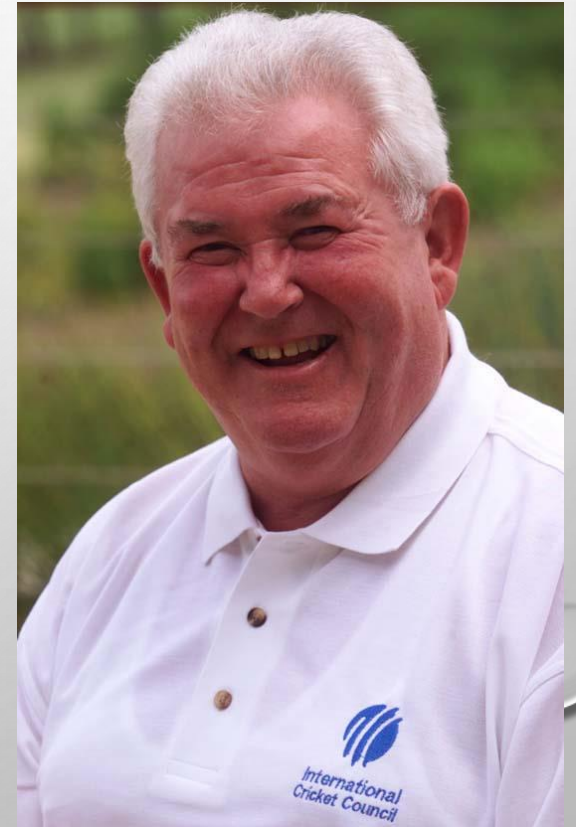




The best performers have tried and tested routines to get them ready – mentally, technically, physically – to perform

Pre performance routines

These are a set of habits that we do, consciously or otherwise, that precede the implementation of our skills.



**In cricketing terms,
What is a
'pre delivery routine?'**



‘There is no literature studying the mental and physical processes cricket umpires regularly conduct up to 300 times a day in a LV County Championship match.

Doing this on a daily basis I am aware that I have a pre delivery routine that I have developed to get me physically and mentally prepared for the next ball, but I have never been taught how to do it or what should be included.’

Paul Baldwin



The research that has been done or is currently being undertaken, mostly revolves around the 'LBW' law and how umpires process the information with one study which concerns the heart rate response to decision making.

Paul Baldwin



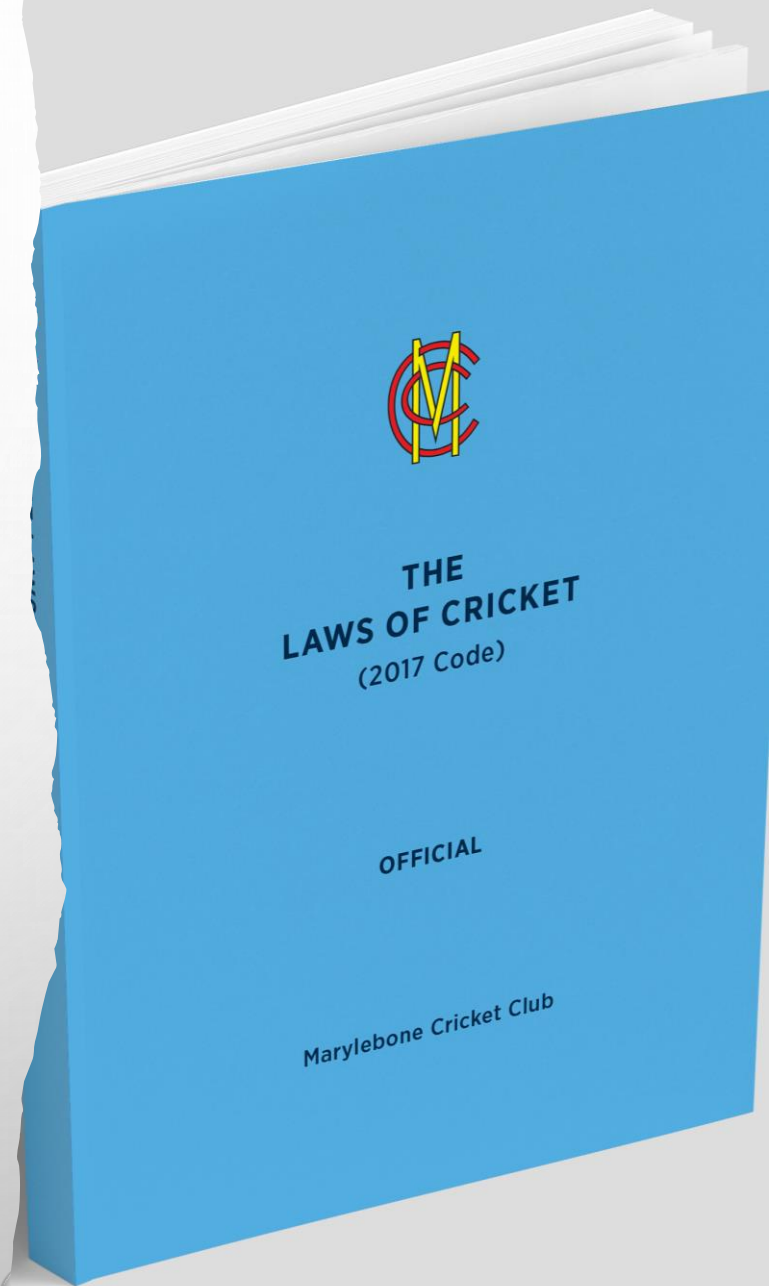
TOM SMITH'S CRICKET UMPIRING & SCORING

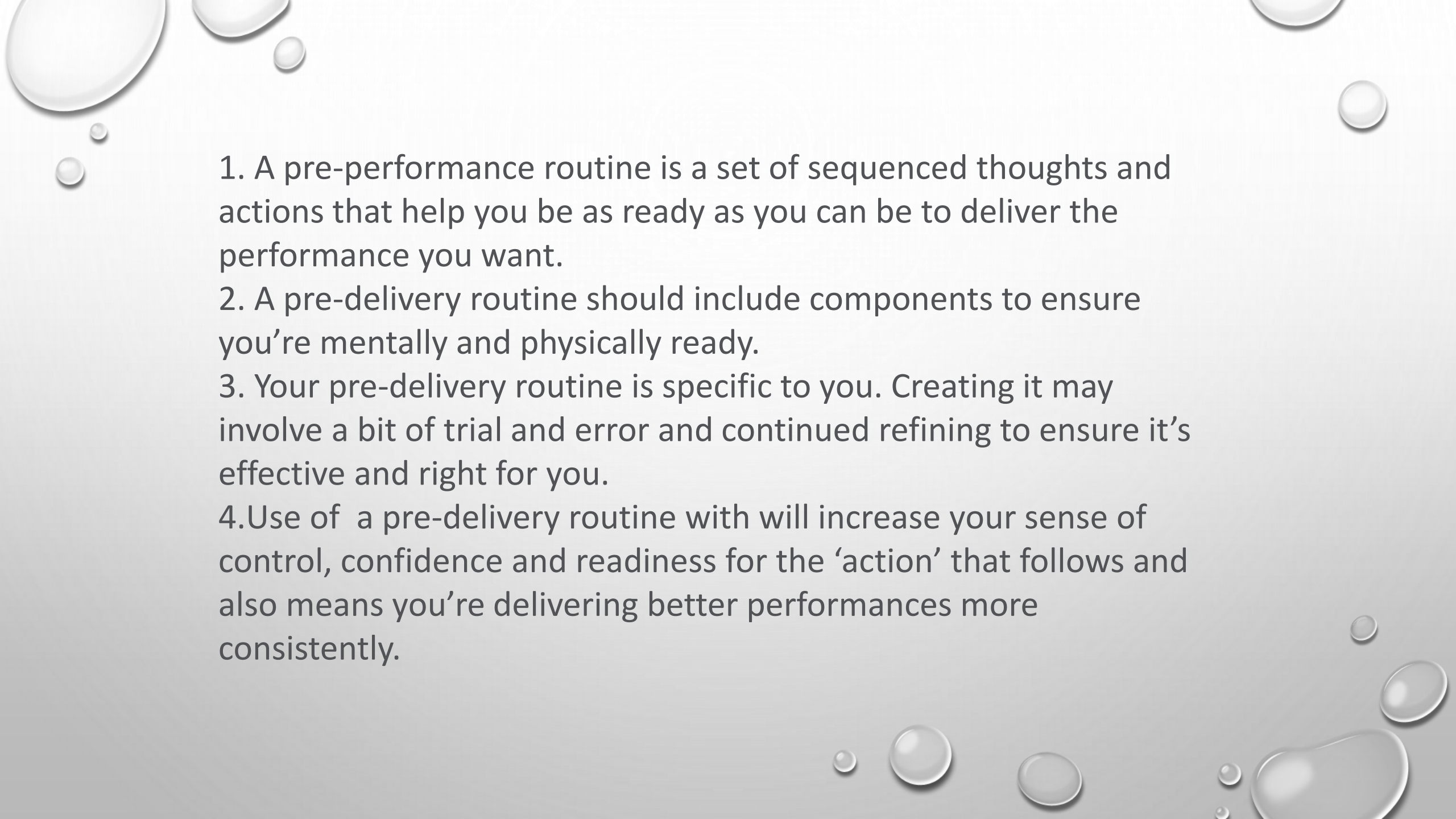
The definitive interpretation and
application of the Laws of Cricket



“So it is recognised that officials should have strong mental and physical routines, however there is no accepted learning or guidance as to how to develop or implement such routines. But there is guidance, if minimal “After any match the thoughtful umpire will reflect on their performance and attempt to learn from any mistakes so that he/ she can improve, and make fewer errors in future. This is the right time to dwell on mistakes- not during the match itself.” Tom Smith’s Cricket Umpiring and Scoring 2019.

This is the sum total of 44 words in a book totaling 466 pages exploring the 42 Laws of cricket and its interpretations in minute detail.



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1. A pre-performance routine is a set of sequenced thoughts and actions that help you be as ready as you can be to deliver the performance you want.
 2. A pre-delivery routine should include components to ensure you're mentally and physically ready.
 3. Your pre-delivery routine is specific to you. Creating it may involve a bit of trial and error and continued refining to ensure it's effective and right for you.
 4. Use of a pre-delivery routine will increase your sense of control, confidence and readiness for the 'action' that follows and also means you're delivering better performances more consistently.

Over to you!