

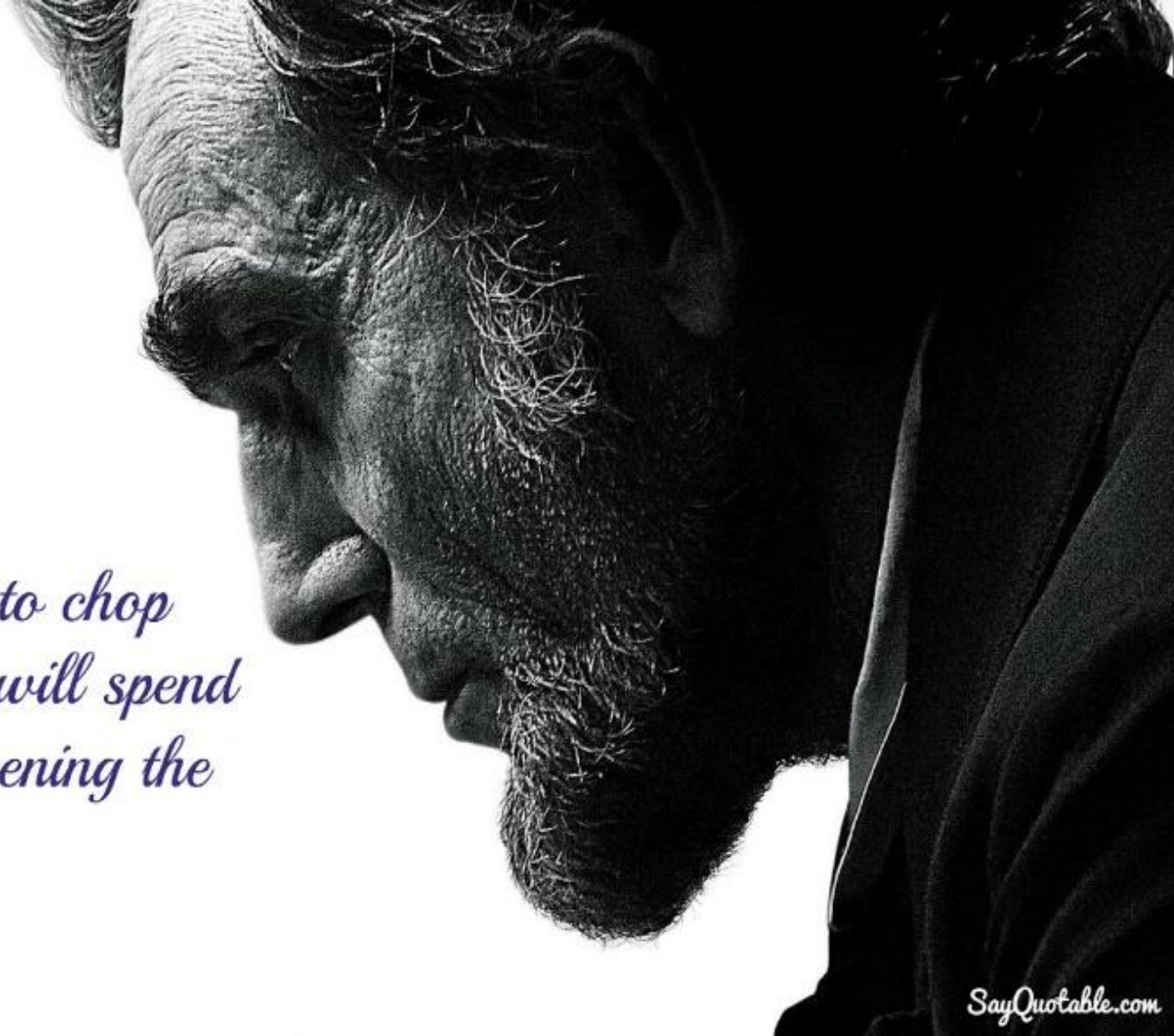
Developing good practice in your preparation



NORTHANTS



Planning and preparation



*Give me six hours to chop
down a tree and I will spend
the first four sharpening the
axe.*

Before match day – preparation



NORTHANTS

Acknowledge appointment

Plan route

Contact colleague

Laws / Regulations

Equipment

Night before



NORTHANTS

PRE-MATCH PLANNING

KIT BAG CHECKLIST

Fixture.....

Date.....

Clothing	
Trainers	
Cricket Boots	
Socks x2	
Trousers x2	
Belt	
Skin	
Short Sleeve Shirt	
Short Sleeve Shirt (One Day)	
Long Sleeve shirt	
Jumper	

Key facilitators on match day



Colleague
Grounds staff

Captains



Scorers



Meeting with colleague



What are you
going to discuss?



If you are on your own



NORTHANTS

What are you
thinking?



Meeting with colleague



NORTHANTS

Tolerance

Signals and pre-signals

Regulations

Helping each other

Boundary walk

Procedure for handing over pitch

Toss

Leading discussions

Management of Law 42



Meeting with grounds staff



NORTHANTS

What are you going to ask?

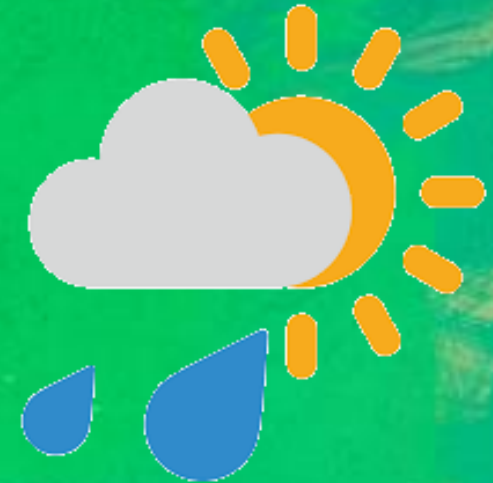


Meeting with grounds manager

Covers, sawdust etc



Local weather



Meeting with captains

What are you going to say?



NORTHANTS



Meeting with captains



NORTHANTS

All players present?

Timepiece

Intervals

Tolerance levels –behaviour, rain

Scorer provided

Competition regulations

Movement of sightscreens, covers

Local rules, peculiarities

Potential danger areas

Spirit of cricket



Meeting with captains



NORTHANTS

Ray's DIET

D – Discipline

I - Intervals

E - Expectations

T - Timings

Meeting with scorers



NORTHANTS

What are you
going to talk about?



Meeting with scorers



NORTHANTS

Location

Who won the toss and who is batting?

Pre-signal

Acknowledgement of signals

Scoreboard operation

Intervals

Duckworth-Lewis Stern

Post-match discussion



Post match self evaluation



NORTHANTS

Be prepared to evaluate performance

Record keeping and paperwork, discipline issues

What worked well (www), strengths

Even better if (ebi)

My response is (mri)

Observations, mentors, colleague

'P.P.E.'



Prepare
Perform
Evaluate

Performing better!



NORTHANTS

High Performance is about...

Commitment

Resilience

Character

Self belief

A love of the game

Trust and

It's not easy!

Positive Impact!

Having a positive impact is about...
The 7 'C's.

Commitment
Confidence
Challenge
Communication
Control
Concentration and
Composure



Consistency

Improving your performance



NORTHANTS

improvement

performance

Strategies to Improve
Performance

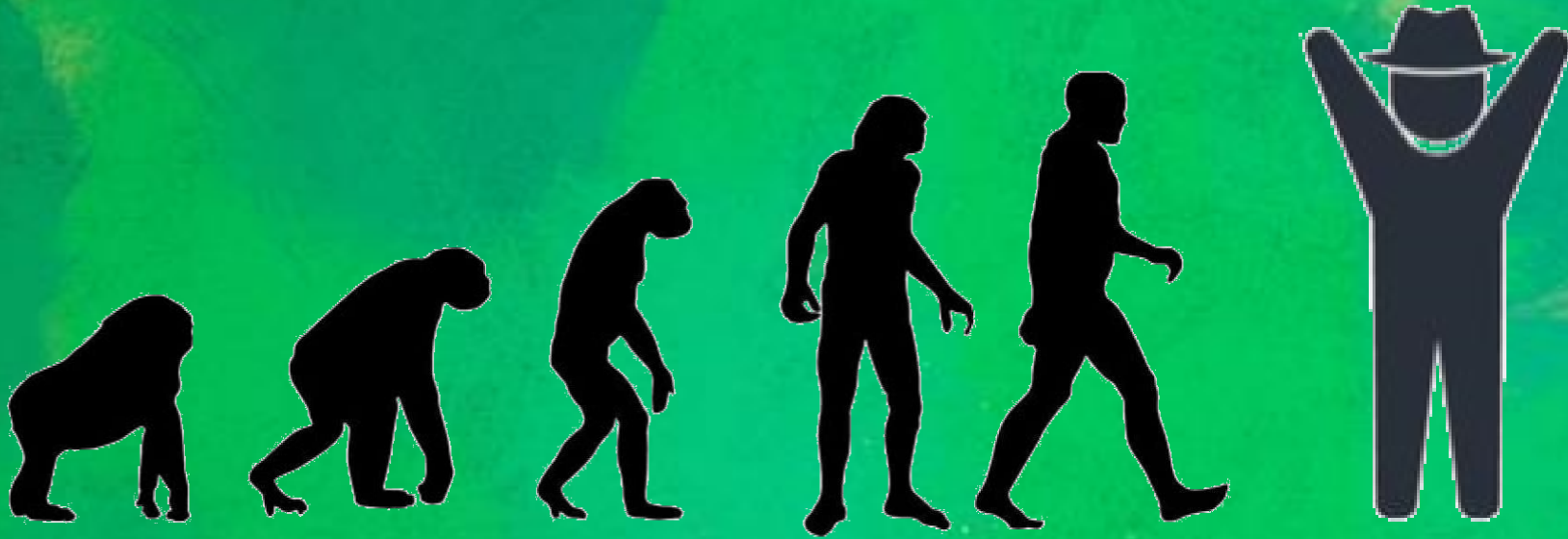
Mentoring



Development



NORTHANTS



What is wrong with wanting to be the best you can be?



NORTHANTS



You're
the
Best

Development



NORTHANTS

