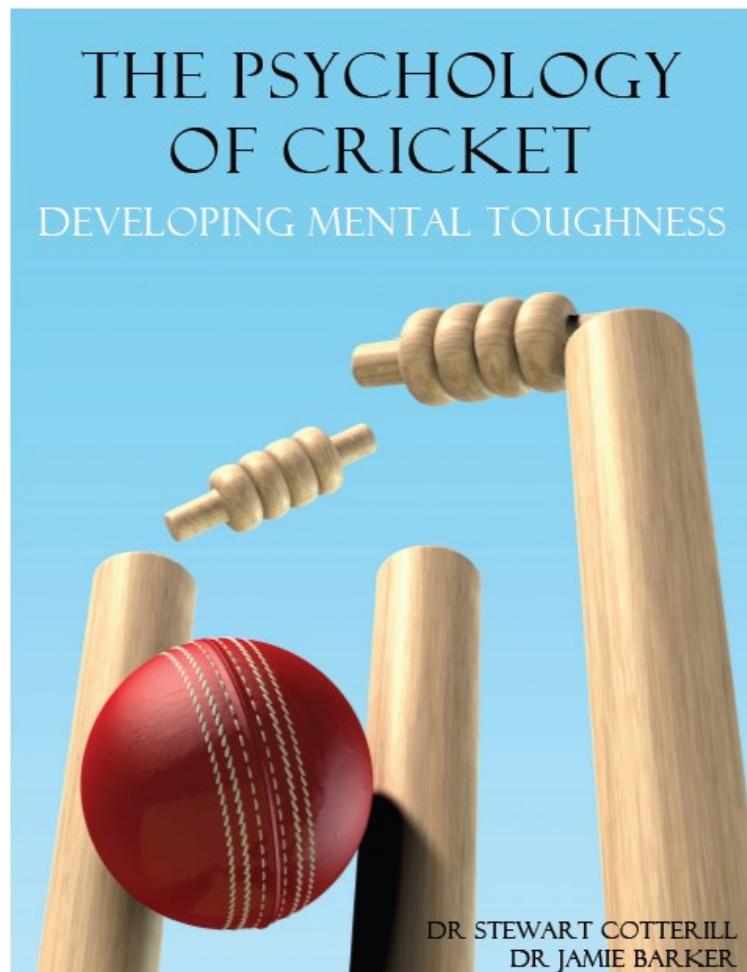


# Resources for eBook Buyers



BENNION  
KEARNY

## **Resource 2.1, Setting outcome, performance, and process goals.**

At the start of any task you perform in cricket, assign yourself a combination of outcome, performance, and process goals. Make sure you develop each goal in line with the SMART method of goal-setting (see Resource 2.2: Setting SMART goals for guidance). Use the following as a template.

MY TASK IS...

MY OUTCOME GOAL IS...

MY PERFORMANCE GOAL IS...

MY PROCESS GOAL IS...

## **Resource 2.2, Setting SMART goals.**

For each outcome, performance, and process goal you set yourself in cricket use the following checklist to make sure your goals are SMART and effective.

**Specific:**     *"Is my goal precise and clear?"*

**Measurable:**     *"Does my goal allow me to check my progress?"*

**Adjustable:**     *"Can I change my goal if it becomes too easy or too difficult?"*

**Realistic:**     *"Does my goal challenge me?"*

**Timetabled:**     *"Does my goal have a time-frame?"*

## **Resource 2.3, Making goals happen.**

To make your goals happen write down the things that you will do to help you achieve your goals.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

## **Resource 2.4, Making goals feel important.**

To make your goals feel important list all the places where you will put your goals and your contract so they can be seen by you and others on a daily basis.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

## Resource 3.1, Developing a pre-delivery routine.

In seeking to develop an effective pre-delivery routine follow these six steps:

**1. Understand what you want your routine to achieve** (i.e., is it to focus, to relax, to control your emotions, to think).

**2. Understand current behaviours** (ideally through videoing your preparation, but if not - get someone to observe you and make a note of what you do, and in what order).

**3. Clarify the meaning of current behaviours** (look at all the things you do, highlighted in the previous step, and see if they help you to achieve the things you want from step 1).

**4. Develop a function and focus for each behavioural component** (for each behaviour make sure you have an associated thought that helps you to achieve the things highlighted in step 1; e.g., setting your stance helps you balance, checking your grip helps you relax).

**5. Build the new routine** (make sure you have a 'thought' for each of the behaviours that you keep in your routine. The easiest way is to have a word / action that you think for each bit; e.g., stance, balance, relax, watch the ball).

**6. Practice using the new routine - all the time!** (you need to practice how you are going to play, so once you have a routine you need to use it for every practice delivery; you want it to become habit for the real thing).

## **Resource 6.1, Best Performance Imagery Script.**

Being in the right *mindset* prior to, and during cricket, is an extremely important aspect of your preparation. It increases the likelihood of performing well and producing a successful performance. Indeed, a variety of techniques and strategies exist to help you prepare and develop the right mindset.

One strategy which can be effective in this regard is recalling and picturing occasions when you have performed particularly well. This, in turn, can be controlled through the use of imagery or visualization. For example, recalling a memorable performance will increase your belief about an up and coming match and so further focuses and enhances your mindset.

Like any skill, imagery requires a period of training and practice before it can have a beneficial effect on your mindset and performance. Therefore, we encourage you to practice your imagery of your best performances for 15 minutes, every day, for a week before integrating it into your cricket preparation.

### **Developing a Best Performance Imagery Script**

You are now going to develop a best performance imagery script to use before cricket. First, write down a situation when you performed well. Now we want you to begin to recall as much detail as you can from your chosen example. It is important that you recall as much positive information about your performance as you can.

Now, recall the thoughts and feelings you were having at the time and note these down. In essence, the more detail you can provide - the more vivid and realistic the image will be, and the greater the effect on your mindset and performance. Once you have this information you can begin to compile your script that you will then begin to practice.

### **Example of a best performance imagery script**

This was an important final ball where 4 runs were needed to win and you were batting.

*Recall the confidence and belief you have as you stand at the crease staring at the bowler as he runs.....recall the clarity in which you see the ball leave the bowlers hand and make its way down the wicket....feel yourself quickly move into position as you quickly, decisively and confidently judge the line and length....feel the solid contact your bat makes with the ball on the half volley....hear the sound of the ball coming out of the middle....see the ball disappear quickly and accurately through the covers and over the boundary rope....feel yourself punch the air with joy after overcoming this difficult situation.....recall the pleasure and feelings of knowing that you've just been successful.....recall your coach and teammates running over to you and congratulating you on your success.....recall the feeling and thoughts of knowing that you are good....recall the feelings of excitement, pleasure and confidence as you walk into the pavilion and analyze what you have just achieved.*

As you can see, visualization scripts typically include precise detail, contain pauses for thought and are always positive. Using the example as an aid, begin to develop a best performance imagery script for yourself. Once you have completed the script you may wish to record this onto your phone or PC so that you can listen back to it during your practice.

You should now go away and practice this routine for 15 minutes, daily, for two weeks.

## **Resource 7.1, Strategies to develop emotional control**

### **Reflective Diary Extract**

I hit a couple of well-timed cover drive boundaries when batting.

I bowled a consistent line at the top of off-stump during my first spell.

I executed my pre-delivery routine before most deliveries and this helped me to stay composed and focused.

I became frustrated when I didn't take an early wicket when bowling. To improve this I will reflect on what I am telling myself in the situation and introduce a more positive and constructive cue word or statement.

# Emotional Intelligence

## *Emotional intelligence tasks*

There are a couple of tasks that could be useful to complete at your next training session.

First, tune into the emotions you are experiencing throughout your practice. Make a note of these, following training, and importantly detail what event/situation was associated with the emotional response (e.g., excitement at being told to pad up). Also, think about what you were telling yourself about the event and appraise how constructive this was.

Second, think about your teammates' behaviours and reactions to events and consider what emotions they are experiencing. This will help you tune into how your opponents are feeling.

## My Music Playlist

Track & Artist	Feelings	Memory	When
e.g., Artist X – Track X	Ready, motivated, focused.	Used before we won the cup final.	Before I go out to field.

## Focused Breathing

### *Deep Breathing Exercise*

1. Find a quiet and relaxing place where you are comfortable and will not be disturbed.

2. Breathe in deeply through your nose and out through your mouth as follows:

Inhale through nose: COUNT IN, TWO, THREE, FOUR

Exhale through mouth: COUNT OUT, TWO, THREE, FOUR

Focus on a part of body that feels relaxed (e.g., fingertips)

3. Repeat this routine for as long as necessary (e.g., 10 minutes).

Initial practice of the breathing exercise should be on a daily basis, for around 10 minutes.