

## QuinticCoachMaster: Goal Setting Package

1. Players Details
2. Team Goals: 1,2,3
3. Player Goals: 1,2
4. Role Within The Team
5. Players Role Model
6. Batting Strengths and Weaknesses: 1,2
7. Batting Tactical, Technical, Mental and Practice Profile
8. Cue Cards
9. Personal Batting Performance Goals Sheets: 1,2
10. Personal Batting Analysis Evaluation Sheets
11. Personal Batting Dismissal Chart
12. Batting Worksheets

## Players Details

Name: Age: Date of Birth: Where Born: Home Address:	Photo:
Batting Goal Setting Package specific for Team, County, Country:	
Team Coach (Tel):	
Team Captain (Tel):	
Team Manager (Tel):	
Physiotherapist (Tel):	
Psychologist (Tel):	
Type of Batsman (Stroke maker, Run Accumulator):	
Injuries (If any):	
Additional:	

## Team Goals 1

Team:

Date:

Coach:

Captain:

What are the TEAM PERFORMANCE GOALS for this season?

Captain, Coach and players discuss as a team the team's goals taking into consideration of last year's performances. Be specific for each different competition.

## Team Goals 2

The TEAM PERFORMANCE GOALS can be achieved by creating a DETAILED TEAM GAME PLAN for the season:

What areas do we need to address and how are we going to address them as a team. Discuss the Plan with your captain, coach and players. Record your team game plan below: (for example consider the following: preparation, practice match play and team spirit).

## Team Goals 3

### BASIC STRUCTURE OF TEAM GAME PLAN:

Each player must work towards their personal performance goals within the team game plan.

THESE PERSONAL PERFORMANCE GOALS CAN BE ACHIEVED BY INDIVIDUAL PLAYERS ACHIEVING THEIR PERSONAL TRAINING GOALS These personal training goals can be achieved by each player addressing the following areas:

- TECHNIQUE
- TACTICS
- MENTAL APPROACH
- FITNESS
- LIFE STYLE MANAGEMENT

Training goals and performance goals for individuals and team must be, S M A R T i.e.:

- S --- SPECIFIC
- M --- MEASURABLE
- A --- ACHIEVABLE
- R --- REALISTIC
- T --- TIME PHASED

Develop a team Motto, for example:

UNITED AS A TEAM, WE BELIEVE IN EACHOTHER AND TOGETHER WE STRIVE FOR SUCCESS AND WILL SUCEED

## Player Goals 1

### BASIC STRUCTURE OF A PERSONAL GOALS AND GAME PLAN

#### PLANNING FOR SUCCESS...

- Personal Goals:  
Where are you now?  
(i.e. teams that I am currently playing for)
  
- Long Term Goals:  
Your Ambitions, where do you want to get to?  
(i.e. which team do you aspire to play for and by when?)
  
- How are you going to get there?  
By setting your short term goals  
(i.e. teams I need to focus on playing for at the various progressive levels are the stepping stones towards my long terms goal)

## Player Goals 2

HOW ARE YOU GOING TO ACHIEVE YOUR SHORT TERMS GOALS?

By creating and working towards a S.M.A.R.T. Game plan, which will lead to a long term goal  
(Set up training goals to help achieve performance goals)

What areas are you going to have to work on and how?  
(Make your answer as detailed as possible when you write out your personal game plan below.)

Remember!!! THINK TRAINING GOALS

Achieving your training goals will lead to enhanced performance, write your own Personal Game Plan below, remembering the following areas: Tactics, Technical, Mental Attitude, Fitness and Lifestyle Management.

Role Within the Team (Don't Mix Game Types: e.g. 1Day, 4Day: Repeat Print )

Name:

Date:

Match Type:

This sheet should be filled in by the player with input from the coach

BATTING

FIELDING

ANY OTHER  
GENERAL  
POINTS

## Player Role Model

What Cricketers or Cricketer do you most admire:  
Choose two different types of player. i.e. a stroke player and a grafter.

Why?

What do you think they had to do to become successful top players?  
(Think cricket practice, preparation, fitness, sacrifices, lifestyle, standards, mental approach and determination when answering this question)

Now! Ask yourself do you want to be as successful as your role model, do you want players looking up to you, do you want to have a job where you enjoy it, your famous and you get paid well for it.

If the answer is yes you need to do the sort of things mentioned in your answer above. You now no where you want to go, you now what you have to do to get there so lets get on with it. Go see your coach and set a program for yourself.

## Batting Strengths and Weaknesses (Option 1)

Name:		
Date:		
Technical Strengths	Tactical Strengths	Mental Strengths
Technical Weaknesses	Tactical Weaknesses	Mental Weaknesses

## Batting Strengths and Weaknesses (Option 2)

Name:

Date:

Remember: S.M.A.R.T. - Specific, Measurable, Achievable, Realistic, Timely

What are your Strengths?

What are your Weaknesses?

What are you going to do to become a better player?

Do you think that you are lacking anything, if so, what?

What can you do to improve?

Do you think that your current batting average accurately reflects your ability? Last year and current? If not, why?

What was your best innings last year? Why?

What was your longest time at the crease last year?

What are your goals/targets for the coming season? (Goal milestones, Runs per season, Average, 50's, 100's, highscore target)

## Batting Technical Profile

The purpose of profiling is to give you a clear understanding of how you see yourself in the various disciplines of the game. The following are key areas in which to assess yourself as a player.

- Technical
- Tactical
- Mental
- Practice

Similar charts for Fitness and lifestyle management, which are two key areas of importance, need to be obtained from your club trainer or physiologist.

Shade in where you think you are at before you start your training (1:Poor - 10:Excellent).

Option: You may want to shade this in again with a different colour half way through the season and then again at the end of the season to measure your progress.

Technical Profile:

Front Foot Drives			Forward Defence			Backfoot Drives			Backfoot Defence			Leg Glances		Hook	Cut	Pull	Sweep	Ducking Bouncer	Leaving Ball Outside Off Stump	Moving Out to Drive	Hitting Over the Top
Off	Str	On	Off	Str	On	Off	Str	On	Off	Str	On	FrFt	BkFt								
10																					
9																					
8																					
7																					
6																					
5																					
4																					
3																					
2																					
1																					

## Batting Tactical Profile

Building innings				Survival with men around the bat.				Milking Bowling (picking up singles)				Improvised Hitting				Sweeping		Moving Out to drive	
Off spin	Leg Left arm	Pace In swing	Pace Out swing	Off spin	Leg Left arm	Pace In swing	Pace Out swing	Off spin	Leg Left arm	Pace In swing	Pace Out swing	Off spin	Leg Left arm	Pace In swing	Pace Out swing	Off	Leg/Left Arm	Off	Leg/Left Arm
10																			
9																			
8																			
7																			
6																			
5																			
4																			
3																			
2																			
1																			

These are key questions to help a coach understand his or her players game plan as well as the player themselves.

With what shots and where would you look to hit an off spinner on,

a) A turning wicket b) A none turning wicket c) Additional tactical comments

With what shots and where would you look to hit a leg/left arm spinner on,

a) A turning wicket b) A none turning wicket c) Additional tactical comments

With what shots and where would you look to hit an inswing pace bowler.

a) A fast wicket b) A slow wicket

With what shots and where would you look to hit an outswing pace bowler.

a) A fast wicket b) A slow wicket



### Batting Practice Profile

Commitment	Focus	Detail	Regularity	Discipline	Enjoyment	Performance goals	Strive for match realism	Professionalism	Punctuality	Ability to listen and learn
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

Having completed your profiles, now fill in your first batting worksheet provided, which will be the beginning of your training goals.

Other worksheets to be completed after a given number of games and evaluations agreed on by player and coach.

## Cue Cards

Cue Cards are useful in practice and match situations to help guide you to complete your task whatever the situation. Particularly useful in pressure situations when the mind can go blank. Cue Cards help maintain focus.

Opening the batting or building an innings  
(early stages of one day game)

Trigger Phrases:
Technical:
Tactical:
Mental:

Most Common Dismissal
1:
2:
Type of Bowler:

Middle of one day game looking to milk the bowling  
i.e. 4/5 per over few wickets in hand

Trigger Phrases:
Technical:
Tactical:
Mental:

Most Common Dismissal
1:
2:
Type of Bowler:

Looking to improvise and attack the bowling by trying to hit boundaries  
and hit over the top i.e. 8+ per over closing stages one-day game.

Trigger Phrases:
Technical:
Tactical:
Mental:

Most Common Dismissal
1:
2:
Type of Bowler:

Personal Performance Batting Goals - (Don't mix match types or competitions)

Opposing Team (First Half of Season)						
Results W/D/L						
Actual Score(s)						
Ongoing Total						
Ongoing Average						
Cumulative 50's						
Cumulative 100's						
High Score						
Best Partnership						
Your Score						
Time at crease						

Opposing Team (First Half of Season)					Mid Season Results	Mid Season Goal Forecast
Results W/D/L						
Actual Score(s)						
Ongoing Total						
Ongoing Average						
Cumulative 50's						
Cumulative 100's						
High Score						
Best Partnership						
Your Score						
Time at crease						

Personal Performance Batting Goals - (Don't mix match types or competitions)

Opposing Team (Second Half of Season)						
Results W/D/L						
Actual Score(s)						
Ongoing Total						
Ongoing Average						
Cumulative 50's						
Cumulative 100's						
High Score						
Best Partnership						
Your Score						
Time at crease						

Opposing Team (Second Half of Season)				End of Season Results	Season's Goals Forecast	Goal Rest Facility Higher/Lower
Results W/D/L						
Actual Score(s)						
Ongoing Total						
Ongoing Average						
Cumulative 50's						
Cumulative 100's						
High Score						
Best Partnership						
Your Score						
Time at crease						

Personal Performance Evaluation Sheet - (Two Games: Repeat Print for more)

Opponents & Date		
Wicket Type		
Result		
Over no. when put in Over no. when out		
Total Score in & Total Score out		
Runs Scored & also not out scores		
Total Balls Faced		
Singles		
Boundary's		
Partnership Score and your own score		
What was your task? What was your game plan? Was it achieved?		
State how you got out. How out, shot played, Type delivery & type of bowler		
As a result of you're batting performance during this game, what areas do you need to work on and your method you will use.		
What did you do well during your innings?		

### Personal Batting Dismissal Chart

Opponents & Date								
Bowler Type								
Runs Made								
Run Out								
LBW								
Bowled								
Stump								

### Caught - Where ?

Wicketkeeper								
Slips 1,2,3,4...								
Gully								
Inner Ring: Specify fielding position that caught you								
Boundary: Specify fielding position that caught you.								
Caught in the box: e.g. short leg. Specify fielding position that caught you.								

## Batting Worksheet - (Repeat print for more copies)

Work sheet Number: \_\_\_\_\_ Players Name: \_\_\_\_\_ Coaches Name: \_\_\_\_\_

Date Worksheet Starts: \_\_\_\_\_ Date assessment and new worksheet begins: \_\_\_\_\_

These worksheets are to be filled in and worked towards weekly, fortnightly, monthly or as player and coach see fit.  
The player with input from the coach should discuss what areas need to be addressed and decide on the appropriate methods which will best suit player.

Batting	Technical	Tactical	Mental
Fault:			
Correction:			
Method:			

Player assessment on training goals to date:	Coaches assessment on training goals to date:
--	---