

Close Catching Readiness and Workload Log - Build a Reliable Baseline

Close Catching | Build a Reliable Baseline | Asset ID CRIC-17-08-01

Purpose: This original printable readiness and workload log helps players, coaches, clubs, schools and families work with close catching while pursuing one defined outcome: understand the current skill before changing technique. Its method is to warm up progressively, stop for warning signs and seek qualified help when needed. Use the pages as a working record, not as a substitute for current competition rules, safe facilities, suitable equipment and qualified coaching or health guidance where those are needed.

Resource Map

The subject focus is to prepare early, watch the ball and use progressive safe practice. The six working areas below define the scope for this specific resource. Complete only the rows that matter to the present practice block, and date any observation that may change.

#	Working area	Current evidence	Next check
1	Stance	Known / estimated / not checked	_____
2	Reaction Cue	Known / estimated / not checked	_____
3	Hand Position	Known / estimated / not checked	_____
4	Body Line	Known / estimated / not checked	_____
5	Rebound Response	Known / estimated / not checked	_____
6	Difficulty Progression	Known / estimated / not checked	_____

Foundation Starting Brief

- Survey: Which evidence separates body line from rebound response in this case? Survey the present state before setting a target.
- Select: How does difficulty progression change the interpretation of stance? Select the smallest useful starting point.
- Bound: What boundary on reaction cue must be checked before relying on hand position? Bound the work by time, scope and available support.
- Prepare: Which observation links rebound response to reaction cue, and what remains uncertain? Prepare the materials, conditions and owner.
- Begin: What alternative explanation could account for both stance and body line? Begin with one observable action.
- Edition success means: record several comparable attempts and a clear starting measure

Readiness and Workload Log

This format is designed to record preparation, effort, rest and discomfort without giving medical advice. For close catching, apply the method in a deliberate sequence: warm up progressively, stop for warning signs and seek qualified help when needed. The edition target is build a reliable baseline, so each entry should show what was noticed, what was tried and what changed.

Working step	What to record	Evidence or source	Status
Survey Body Line	Which evidence separates body line from rebound response in this case?	Starting view / date	Open / checked
Select Rebound Response	How does difficulty progression change the interpretation of stance?	First priority / date	Open / checked
Bound Difficulty Progression	What boundary on reaction cue must be checked before relying on hand position?	Boundary / date	Open / checked
Prepare Stance	Which observation links rebound response to reaction cue, and what remains uncertain?	Readiness / date	Open / checked
Begin Reaction Cue	What alternative explanation could account for both stance and body line?	First result / date	Open / checked
Confirm Hand Position	What next check on hand position would make the record about difficulty progression more useful?	Foundation check / date	Open / checked

Completion Standard

- Keep the work tied to close catching, not to a vague general intention.
- Apply this adjustment: use one repeatable drill at comfortable intensity
- Is the foundation small, clear and evidenced enough to continue?
- Expose this outcome risk if it appears: readiness is declared without evidence.
- Use original notes and explanations; quote only when necessary, lawful and properly attributed.
- Ask a qualified coach, safeguarding lead or health professional to challenge one material assumption where appropriate.
- Close with one decision and one follow-up rather than an unranked list of ideas.

Working Note

Edition CRIC-17-08-01 pairs readiness and workload log with the outcome 'Build a Reliable Baseline'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Comparison x Foundation Focused Practice Lab

This lab pairs a comparison method with a foundation outcome lens. Work through the six actions to turn the subject focus - prepare early, watch the ball and use progressive safe practice - into evidence for build a reliable baseline. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Align / Survey reaction cue	Which evidence separates body line from rebound response in this case? Survey the present state before setting a target.	Cases / Starting view
2	Compare / Select hand position	How does difficulty progression change the interpretation of stance? Select the smallest useful starting point.	Alignment / First priority
3	Detect / Bound body line	What boundary on reaction cue must be checked before relying on hand position? Bound the work by time, scope and available support.	Difference / Boundary
4	Explain / Prepare rebound response	Which observation links rebound response to reaction cue, and what remains uncertain? Prepare the materials, conditions and owner.	Explanation / Readiness
5	Judge / Begin difficulty progression	What alternative explanation could account for both stance and body line? Begin with one observable action.	Judgement / First result
6	Document / Confirm stance	What next check on hand position would make the record about difficulty progression more useful? Confirm what is ready for the next cycle.	Decision / Foundation check

Common Failure Modes

- For reaction cue, watch for the cases answer different questions together with the starting state is assumed.
- For hand position, watch for units or dates do not align together with the first target is too large.
- For body line, watch for a difference is hidden by an average together with the scope has no boundary.
- For rebound response, watch for the explanation lacks evidence together with required support is missing.
- For difficulty progression, watch for fitness criteria change together with several actions start together.

Independent Review Question

Format question: Are the two cases comparable enough to support the stated choice? Outcome question: Is the foundation small, clear and evidenced enough to continue? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Build a Reliable Baseline

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs comparison with foundation to pursue this objective: understand the current skill before changing technique. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Build a Reliable Baseline
Starting condition	_____
Chosen working area	_____
Readiness	use one repeatable drill at comfortable intensity
Evidence to capture	_____
Stop or review condition	_____

Thirty Minute Practice Shape

Stage	Action	Evidence
0-5 min	Which evidence separates body line from rebound response in this case? Define the two cases and shared question.	Cases / Starting view
5-10 min	How does difficulty progression change the interpretation of stance? Align units, dates and conditions.	Alignment / First priority
10-18 min	What boundary on reaction cue must be checked before relying on hand position? Record meaningful differences.	Difference / Boundary
18-24 min	Which observation links rebound response to reaction cue, and what remains uncertain? Investigate the likeliest explanation.	Explanation / Readiness
24-27 min	What alternative explanation could account for both stance and body line? Judge fitness for the intended use.	Judgement / First result
27-30 min	What next check on hand position would make the record about difficulty progression more useful? Document the choice and limitation.	Decision / Foundation check

Comparison Case Log

Comparis on Case	Condition	Observation	Decision
1	Same / changed	_____	Keep / change / check
2	Same / changed	_____	Keep / change / check
3	Same / changed	_____	Keep / change / check
4	Same / changed	_____	Keep / change / check
5	Same / changed	_____	Keep / change / check

Controlled Case Comparison - Foundation Lens

This comparison tests close catching against build a reliable baseline through two independent questions. Format: Are the two cases comparable enough to support the stated choice? Outcome: Is the foundation small, clear and evidenced enough to continue? Record material setting differences instead of averaging them away.

Evidence area	Baseline	Alternative	Interpretation prompt
Hand Position	_____	_____	Which evidence separates body line from rebound response in this case?
Body Line	_____	_____	How does difficulty progression change the interpretation of stance?
Rebound Response	_____	_____	What boundary on reaction cue must be checked before relying on hand position?
Difficulty Progression	_____	_____	Which observation links rebound response to reaction cue, and what remains uncertain?
Stance	_____	_____	What alternative explanation could account for both stance and body line?
Reaction Cue	_____	_____	What next check on hand position would make the record about difficulty progression more useful?

Format Decision Test

Field	Record
Review question	Are the two cases comparable enough to support the stated choice?
Outcome question	Is the foundation small, clear and evidenced enough to continue?
Acceptance lens	record several comparable attempts and a clear starting measure
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Comparison Confidence Check

- Starting view: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates conditions aligned?
- Outcome evidence: which record best demonstrates next cycles approved?
- Challenge: could the scope has no boundary explain the result?
- Subject boundary: what does this comparison leave unresolved about body line?

Comparison x Foundation Scenario Cards

Use these paired scenarios to rehearse judgement for build a reliable baseline. Each card joins a comparison failure mode to an outcome-specific risk. State what remains open and which evidence named in the final column should be collected next.

#	Situation	Review question	Decision
1	Body Line: units or dates do not align.	Which evidence separates body line from rebound response in this case?	Starting view
2	Rebound Response: a difference is hidden by an average.	How does difficulty progression change the interpretation of stance?	First priority
3	Difficulty Progression: the explanation lacks evidence.	What boundary on reaction cue must be checked before relying on hand position?	Boundary
4	Stance: fitness criteria change.	Which observation links rebound response to reaction cue, and what remains uncertain?	Readiness
5	Reaction Cue: the losing option is not documented.	What alternative explanation could account for both stance and body line?	First result
6	Hand Position: the cases answer different questions.	What next check on hand position would make the record about difficulty progression more useful?	Foundation check

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Is the foundation small, clear and evidenced enough to continue?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Comparison and Foundation Evidence Tracker

Track build a reliable baseline across eight practice blocks using the comparison method and the foundation outcome lens. Keep conditions visible and use this review question: Is the foundation small, clear and evidenced enough to continue?

#	Focus	Condition	Result	Next action
1	Body Line	_____	_____	_____
2	Rebound Response	_____	_____	_____
3	Difficulty Progression	_____	_____	_____
4	Stance	_____	_____	_____
5	Reaction Cue	_____	_____	_____
6	Hand Position	_____	_____	_____
7	Body Line	_____	_____	_____
8	Rebound Response	_____	_____	_____

Comparison Evidence Dashboard

Measure	Baseline	Current	Evidence location
Stance: Cases Defined / Starting Conditions Recorded	_____	_____	_____
Reaction Cue: Conditions Aligned / First Priority Selected	_____	_____	_____
Hand Position: Differences Recorded / Scope Boundaries Stated	_____	_____	_____
Body Line: Explanations Tested / Readiness Items Confirmed	_____	_____	_____
Rebound Response: Criteria Applied / First Actions Completed	_____	_____	_____
Difficulty Progression: Choices Documented / Next Cycles Approved	_____	_____	_____

Interpret the Trend

- I recorded a real starting point rather than an idealised one.
- I chose a first step that can be checked before the work expands.
- Keep the method only when the evidence for build a reliable baseline improves without hiding the scope has no boundary.
- How does difficulty progression change the interpretation of stance?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Comparison x Foundation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this readiness and workload log, the intended result was build a reliable baseline; the outcome test is: Is the foundation small, clear and evidenced enough to continue? The close-out standard remains: record several comparable attempts and a clear starting measure.

Close-out field	Record
Most useful evidence	_____
Important limitation	_____
Decision	Keep / adapt / pause / seek review
Next action	_____
Owner and date	_____
Evidence location	_____

Completion Review

- Subject check: Which evidence separates body line from rebound response in this case?
- Subject check: How does difficulty progression change the interpretation of stance?
- Format check: I documented why the unselected option was not preferred.
- Outcome check: I chose a first step that can be checked before the work expands.
- I used a progressive warm-up and did not ignore pain, unsafe surfaces, heat or fatigue.
- I kept the drill generic and did not imply affiliation with a player, team, league or governing body.

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