

# Defensive Batting Skill Fundamentals Guide - Build a Reliable Baseline

Defensive Batting | Build a Reliable Baseline | Asset ID CRIC-04-01-01

**Purpose:** This original printable skill fundamentals guide helps players, coaches, clubs, schools and families work with defensive batting while pursuing one defined outcome: understand the current skill before changing technique. Its method is to explain the purpose, rehearse slowly and add pace only after control. 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 protect the wicket with soft hands, alignment and a clear leave-or-play decision. 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 | Line Judgement   | Known / estimated / not checked | _____      |
| 2 | Length Judgement | Known / estimated / not checked | _____      |
| 3 | Body Behind Ball | Known / estimated / not checked | _____      |
| 4 | Soft Contact     | Known / estimated / not checked | _____      |
| 5 | Leave Decision   | Known / estimated / not checked | _____      |
| 6 | Reset Routine    | Known / estimated / not checked | _____      |

## Foundation Starting Brief

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

## Skill Fundamentals Guide

This format is designed to convert a cricket skill into observable, coachable elements. For defensive batting, apply the method in a deliberate sequence: explain the purpose, rehearse slowly and add pace only after control. 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 Behind Ball  | Which evidence separates body behind ball from soft contact in this case?                   | Starting view / date    | Open / checked |
| Select Soft Contact      | How does leave decision change the interpretation of reset routine?                         | First priority / date   | Open / checked |
| Bound Leave Decision     | What boundary on line judgement must be checked before relying on length judgement?         | Boundary / date         | Open / checked |
| Prepare Reset Routine    | Which observation links soft contact to line judgement, and what remains uncertain?         | Readiness / date        | Open / checked |
| Begin Line Judgement     | What alternative explanation could account for both reset routine and body behind ball?     | First result / date     | Open / checked |
| Confirm Length Judgement | What next check on length judgement would make the record about leave decision more useful? | Foundation check / date | Open / checked |

### Completion Standard

- Keep the work tied to defensive batting, 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: several actions start together.
- 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-04-01-01 pairs skill fundamentals guide 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.

## Planning x Foundation Focused Practice Lab

This lab pairs a planning method with a foundation outcome lens. Work through the six actions to turn the subject focus - protect the wicket with soft hands, alignment and a clear leave-or-play decision - into evidence for build a reliable baseline. Preserve any gap that prevents a supported conclusion.

| # | Action                            | Constraint                                                                                                                               | Record                          |
|---|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 1 | Clarify / Survey length judgement | Which evidence separates body behind ball from soft contact in this case? Survey the present state before setting a target.              | Scope note / Starting view      |
| 2 | Bound / Select body behind ball   | How does leave decision change the interpretation of reset routine? Select the smallest useful starting point.                           | Baseline / First priority       |
| 3 | Baseline / Bound soft contact     | What boundary on line judgement must be checked before relying on length judgement? Bound the work by time, scope and available support. | Priority / Boundary             |
| 4 | Sequence / Prepare leave decision | Which observation links soft contact to line judgement, and what remains uncertain? Prepare the materials, conditions and owner.         | Plan / Readiness                |
| 5 | Assign / Begin reset routine      | What alternative explanation could account for both reset routine and body behind ball? Begin with one observable action.                | Risk note / First result        |
| 6 | Schedule / Confirm line judgement | What next check on length judgement would make the record about leave decision more useful? Confirm what is ready for the next cycle.    | Owner / date / Foundation check |

### Common Failure Modes

- For length judgement, watch for the purpose is unclear together with the starting state is assumed.
- For body behind ball, watch for the scope is too wide together with the first target is too large.
- For soft contact, watch for two priorities conflict together with the scope has no boundary.
- For leave decision, watch for the owner is unavailable together with required support is missing.
- For reset routine, watch for a dependency fails together with several actions start together.

### Independent Review Question

Format question: Which planning assumption most affected the result, and why? 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 planning 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 behind ball from soft contact in this case? Confirm the purpose and scope.                       | Scope note / Starting view      |
| 5-10 min  | How does leave decision change the interpretation of reset routine? Record the starting state.                                 | Baseline / First priority       |
| 10-18 min | What boundary on line judgement must be checked before relying on length judgement? Choose the highest-value priority.         | Priority / Boundary             |
| 18-24 min | Which observation links soft contact to line judgement, and what remains uncertain? Set the action sequence and decision rule. | Plan / Readiness                |
| 24-27 min | What alternative explanation could account for both reset routine and body behind ball? Challenge one dependency or risk.      | Risk note / First result        |
| 27-30 min | What next check on length judgement would make the record about leave decision more useful? Assign the next review and owner.  | Owner / date / Foundation check |

### Checkpoint Log

| Checkpoint | 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 |

## Plan Versus Actual Review - Foundation Lens

This comparison tests defensive batting against build a reliable baseline through two independent questions. Format: Which planning assumption most affected the result, and why? 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                                                                       |
|------------------|----------|-------------|---------------------------------------------------------------------------------------------|
| Length Judgement | _____    | _____       | Which evidence separates body behind ball from soft contact in this case?                   |
| Body Behind Ball | _____    | _____       | How does leave decision change the interpretation of reset routine?                         |
| Soft Contact     | _____    | _____       | What boundary on line judgement must be checked before relying on length judgement?         |
| Leave Decision   | _____    | _____       | Which observation links soft contact to line judgement, and what remains uncertain?         |
| Reset Routine    | _____    | _____       | What alternative explanation could account for both reset routine and body behind ball?     |
| Line Judgement   | _____    | _____       | What next check on length judgement would make the record about leave decision more useful? |

### Format Decision Test

| Field                          | Record                                                           |
|--------------------------------|------------------------------------------------------------------|
| Review question                | Which planning assumption most affected the result, and why?     |
| 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    | _____                                                            |

### Planning Confidence Check

- Starting view: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates priorities ranked?
- Outcome evidence: which record best demonstrates first actions completed?
- Challenge: could the first target is too large explain the result?
- Subject boundary: what does this comparison leave unresolved about body behind ball?

## Planning x Foundation Scenario Cards

Use these paired scenarios to rehearse judgement for build a reliable baseline. Each card joins a planning 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 Behind Ball: the scope is too wide.      | Which evidence separates body behind ball from soft contact in this case?                   | Starting view    |
| 2 | Soft Contact: two priorities conflict.        | How does leave decision change the interpretation of reset routine?                         | First priority   |
| 3 | Leave Decision: the owner is unavailable.     | What boundary on line judgement must be checked before relying on length judgement?         | Boundary         |
| 4 | Reset Routine: a dependency fails.            | Which observation links soft contact to line judgement, and what remains uncertain?         | Readiness        |
| 5 | Line Judgement: the success measure is vague. | What alternative explanation could account for both reset routine and body behind ball?     | First result     |
| 6 | Length Judgement: the purpose is unclear.     | What next check on length judgement would make the record about leave decision 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 Planning and Foundation Evidence Tracker

Track build a reliable baseline across eight practice blocks using the planning 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 Behind Ball | _____     | _____  | _____       |
| 2 | Soft Contact     | _____     | _____  | _____       |
| 3 | Leave Decision   | _____     | _____  | _____       |
| 4 | Reset Routine    | _____     | _____  | _____       |
| 5 | Line Judgement   | _____     | _____  | _____       |
| 6 | Length Judgement | _____     | _____  | _____       |
| 7 | Body Behind Ball | _____     | _____  | _____       |
| 8 | Soft Contact     | _____     | _____  | _____       |

### Planning Evidence Dashboard

| Measure                                                                | Baseline | Current | Evidence location |
|------------------------------------------------------------------------|----------|---------|-------------------|
| Line Judgement: Scope Decisions Settled / Starting Conditions Recorded | _____    | _____   | _____             |
| Length Judgement: Priorities Ranked / First Priority Selected          | _____    | _____   | _____             |
| Body Behind Ball: Owners Assigned / Scope Boundaries Stated            | _____    | _____   | _____             |
| Soft Contact: Dates Recorded / Readiness Items Confirmed               | _____    | _____   | _____             |
| Leave Decision: Risks Reviewed / First Actions Completed               | _____    | _____   | _____             |
| Reset Routine: Actions Completed / 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 first target is too large.
- How does leave decision change the interpretation of reset routine?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Planning x Foundation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this skill fundamentals guide, 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 behind ball from soft contact in this case?
- Subject check: How does leave decision change the interpretation of reset routine?
- Format check: I confirmed the scope, owner and review date.
- Outcome check: I recorded a real starting point rather than an idealised one.
- 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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