

# Match Awareness Performance Journal - Increase Accuracy

Match Awareness | Increase Accuracy | Asset ID CRIC-23-10-03

**Purpose:** This original printable performance journal helps players, coaches, clubs, schools and families work with match awareness while pursuing one defined outcome: direct the ball toward a useful target with stable mechanics. Its method is to record context, best evidence, one limitation and one next action. 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 update the plan from score, overs, wickets, conditions and competition rules. 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 | Scoreboard          | Known / estimated / not checked | _____      |
| 2 | Resources Remaining | Known / estimated / not checked | _____      |
| 3 | Required Rate       | Known / estimated / not checked | _____      |
| 4 | Weather And Light   | Known / estimated / not checked | _____      |
| 5 | Field Restrictions  | Known / estimated / not checked | _____      |
| 6 | Next Checkpoint     | Known / estimated / not checked | _____      |

## Precision Starting Brief

- Define: Which evidence separates resources remaining from required rate in this case? Define the target so two people would recognise the same result.
- Align: How does weather and light change the interpretation of field restrictions? Align the units, conditions and acceptance rule.
- Attempt: What boundary on next checkpoint must be checked before relying on scoreboard? Attempt the task without moving the standard.
- Capture: Which observation links required rate to next checkpoint, and what remains uncertain? Capture misses as carefully as successes.
- Refine: What alternative explanation could account for both field restrictions and resources remaining? Refine one source of avoidable variation.
- Edition success means: improve the share of attempts reaching the target area

## Performance Journal

This format is designed to preserve evidence, learning and the next small target after play. For match awareness, apply the method in a deliberate sequence: record context, best evidence, one limitation and one next action. The edition target is increase accuracy, so each entry should show what was noticed, what was tried and what changed.

| Working step               | What to record                                                                                  | Evidence or source         | Status         |
|----------------------------|-------------------------------------------------------------------------------------------------|----------------------------|----------------|
| Define Resources Remaining | Which evidence separates resources remaining from required rate in this case?                   | Target definition / date   | Open / checked |
| Align Required Rate        | How does weather and light change the interpretation of field restrictions?                     | Test setup / date          | Open / checked |
| Attempt Weather And Light  | What boundary on next checkpoint must be checked before relying on scoreboard?                  | Observed attempt / date    | Open / checked |
| Capture Field Restrictions | Which observation links required rate to next checkpoint, and what remains uncertain?           | Error record / date        | Open / checked |
| Refine Next Checkpoint     | What alternative explanation could account for both field restrictions and resources remaining? | Precision change / date    | Open / checked |
| Repeat Scoreboard          | What next check on scoreboard would make the record about weather and light more useful?        | Repeatability check / date | Open / checked |

### Completion Standard

- Keep the work tied to match awareness, not to a vague general intention.
- Apply this adjustment: reduce effort, mark the target and count every attempt
- Can the claimed improvement be repeated under the stated conditions?
- Expose this outcome risk if it appears: the repeat is not comparable.
- 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-23-10-03 pairs performance journal with the outcome 'Increase Accuracy'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

## Reflective Practice x Precision Focused Practice Lab

This lab pairs a reflective practice method with a precision outcome lens. Work through the six actions to turn the subject focus - update the plan from score, overs, wickets, conditions and competition rules - into evidence for increase accuracy. Preserve any gap that prevents a supported conclusion.

| # | Action                                  | Constraint                                                                                                                                     | Record                           |
|---|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| 1 | Intend / Define weather and light       | Which evidence separates resources remaining from required rate in this case? Define the target so two people would recognise the same result. | Intention / Target definition    |
| 2 | Record / Align field restrictions       | How does weather and light change the interpretation of field restrictions? Align the units, conditions and acceptance rule.                   | Record / Test setup              |
| 3 | Notice / Attempt next checkpoint        | What boundary on next checkpoint must be checked before relying on scoreboard? Attempt the task without moving the standard.                   | Observation / Observed attempt   |
| 4 | Interpret / Capture scoreboard          | Which observation links required rate to next checkpoint, and what remains uncertain? Capture misses as carefully as successes.                | Meaning / Error record           |
| 5 | Synthesize / Refine resources remaining | What alternative explanation could account for both field restrictions and resources remaining? Refine one source of avoidable variation.      | Learning / Precision change      |
| 6 | Commit / Repeat required rate           | What next check on scoreboard would make the record about weather and light more useful? Repeat under comparable conditions.                   | Commitment / Repeatability check |

### Common Failure Modes

- For weather and light, watch for the intention is too vague together with the target is subjective.
- For field restrictions, watch for the record omits an uncomfortable result together with units or conditions do not align.
- For next checkpoint, watch for a detail is overinterpreted together with the standard moves after the attempt.
- For scoreboard, watch for context is ignored together with misses are omitted.
- For resources remaining, watch for the lesson is too broad together with the refinement changes several variables.

### Independent Review Question

Format question: Which lesson is supported by the record, and which part remains personal interpretation? Outcome question: Can the claimed improvement be repeated under the stated conditions? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: \_\_\_\_\_

## Cricket Practice Plan for Increase Accuracy

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs reflective practice with precision to pursue this objective: direct the ball toward a useful target with stable mechanics. Preserve the starting condition and both evidence trails.

| Plan field               | Entry                                                  |
|--------------------------|--------------------------------------------------------|
| Purpose                  | Increase Accuracy                                      |
| Starting condition       | _____                                                  |
| Chosen working area      | _____                                                  |
| Error record             | reduce effort, mark the target and count every attempt |
| Evidence to capture      | _____                                                  |
| Stop or review condition | _____                                                  |

### Thirty Minute Practice Shape

| Stage     | Action                                                                                                                              | Evidence                         |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| 0-5 min   | Which evidence separates resources remaining from required rate in this case? Set one honest intention.                             | Intention / Target definition    |
| 5-10 min  | How does weather and light change the interpretation of field restrictions? Record what happened without polishing it.              | Record / Test setup              |
| 10-18 min | What boundary on next checkpoint must be checked before relying on scoreboard? Notice a meaningful detail or pattern.               | Observation / Observed attempt   |
| 18-24 min | Which observation links required rate to next checkpoint, and what remains uncertain? Interpret it alongside context.               | Meaning / Error record           |
| 24-27 min | What alternative explanation could account for both field restrictions and resources remaining? Synthesize one transferable lesson. | Learning / Precision change      |
| 27-30 min | What next check on scoreboard would make the record about weather and light more useful? Commit to a small next action.             | Commitment / Repeatability check |

### Reflection Entry Log

| Reflection Entry | 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 |

## Experience and Learning Review - Precision Lens

This comparison tests match awareness against increase accuracy through two independent questions. Format: Which lesson is supported by the record, and which part remains personal interpretation? Outcome: Can the claimed improvement be repeated under the stated conditions? Record material setting differences instead of averaging them away.

| Evidence area       | Baseline | Alternative | Interpretation prompt                                                                           |
|---------------------|----------|-------------|-------------------------------------------------------------------------------------------------|
| Field Restrictions  | _____    | _____       | Which evidence separates resources remaining from required rate in this case?                   |
| Next Checkpoint     | _____    | _____       | How does weather and light change the interpretation of field restrictions?                     |
| Scoreboard          | _____    | _____       | What boundary on next checkpoint must be checked before relying on scoreboard?                  |
| Resources Remaining | _____    | _____       | Which observation links required rate to next checkpoint, and what remains uncertain?           |
| Required Rate       | _____    | _____       | What alternative explanation could account for both field restrictions and resources remaining? |
| Weather And Light   | _____    | _____       | What next check on scoreboard would make the record about weather and light more useful?        |

### Format Decision Test

| Field                          | Record                                                                                   |
|--------------------------------|------------------------------------------------------------------------------------------|
| Review question                | Which lesson is supported by the record, and which part remains personal interpretation? |
| Outcome question               | Can the claimed improvement be repeated under the stated conditions?                     |
| Acceptance lens                | improve the share of attempts reaching the target area                                   |
| Conditions held steady         | _____                                                                                    |
| Evidence supporting the choice | _____                                                                                    |
| Evidence against the choice    | _____                                                                                    |

### Reflective Practice Confidence Check

- Target definition: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates context considered?
- Outcome evidence: which record best demonstrates repeatable results recorded?
- Challenge: could the refinement changes several variables explain the result?
- Subject boundary: what does this comparison leave unresolved about resources remaining?

## Reflective Practice x Precision Scenario Cards

Use these paired scenarios to rehearse judgement for increase accuracy. Each card joins a reflective practice 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 | Resources Remaining: context is ignored.                   | Which evidence separates resources remaining from required rate in this case?                   | Target definition   |
| 2 | Required Rate: the lesson is too broad.                    | How does weather and light change the interpretation of field restrictions?                     | Test setup          |
| 3 | Weather And Light: the next action is not owned.           | What boundary on next checkpoint must be checked before relying on scoreboard?                  | Observed attempt    |
| 4 | Field Restrictions: the intention is too vague.            | Which observation links required rate to next checkpoint, and what remains uncertain?           | Error record        |
| 5 | Next Checkpoint: the record omits an uncomfortable result. | What alternative explanation could account for both field restrictions and resources remaining? | Precision change    |
| 6 | Scoreboard: a detail is overinterpreted.                   | What next check on scoreboard would make the record about weather and light more useful?        | Repeatability check |

### Decision Record

| Field                  | Notes                                                                |
|------------------------|----------------------------------------------------------------------|
| Chosen format scenario | _____                                                                |
| Outcome lens           | Can the claimed improvement be repeated under the stated conditions? |
| Evidence available     | _____                                                                |
| Evidence missing       | _____                                                                |
| Controlled next step   | _____                                                                |
| Person / review date   | _____                                                                |

## Eight Reflective Practice and Precision Evidence Tracker

Track increase accuracy across eight practice blocks using the reflective practice method and the precision outcome lens. Keep conditions visible and use this review question: Can the claimed improvement be repeated under the stated conditions?

| # | Focus               | Condition | Result | Next action |
|---|---------------------|-----------|--------|-------------|
| 1 | Next Checkpoint     | _____     | _____  | _____       |
| 2 | Scoreboard          | _____     | _____  | _____       |
| 3 | Resources Remaining | _____     | _____  | _____       |
| 4 | Required Rate       | _____     | _____  | _____       |
| 5 | Weather And Light   | _____     | _____  | _____       |
| 6 | Field Restrictions  | _____     | _____  | _____       |
| 7 | Next Checkpoint     | _____     | _____  | _____       |
| 8 | Scoreboard          | _____     | _____  | _____       |

### Reflective Practice Evidence Dashboard

| Measure                                                              | Baseline | Current | Evidence location |
|----------------------------------------------------------------------|----------|---------|-------------------|
| Scoreboard: Intentions Recorded / Targets Defined                    | _____    | _____   | _____             |
| Resources Remaining: Entries Completed / Conditions Aligned          | _____    | _____   | _____             |
| Required Rate: Patterns Noticed / Attempts Completed                 | _____    | _____   | _____             |
| Weather And Light: Context Considered / Misses Captured              | _____    | _____   | _____             |
| Field Restrictions: Lessons Bounded / Variations Reduced             | _____    | _____   | _____             |
| Next Checkpoint: Commitments Completed / Repeatable Results Recorded | _____    | _____   | _____             |

### Interpret the Trend

- I defined the target before observing the result.
- I counted misses, skips and uncertain results as well as successes.
- Keep the method only when the evidence for increase accuracy improves without hiding the refinement changes several variables.
- Which observation links required rate to next checkpoint, and what remains uncertain?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Reflective Practice x Precision Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this performance journal, the intended result was increase accuracy; the outcome test is: Can the claimed improvement be repeated under the stated conditions? The close-out standard remains: improve the share of attempts reaching the target area.

| 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 resources remaining from required rate in this case?
- Subject check: How does weather and light change the interpretation of field restrictions?
- Format check: I converted reflection into one small, owned next action.
- Outcome check: I counted misses, skips and uncertain results as well as successes.
- 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.

### Originality and Responsible Use

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