

# Seam Bowling Practice Session Planner - Communicate as a Team

Seam Bowling | Communicate as a Team | Asset ID CRIC-11-02-07

**Purpose:** This original printable practice session planner helps players, coaches, clubs, schools and families work with seam bowling while pursuing one defined outcome: make calls and feedback short, early and respectful. Its method is to prepare, practise in blocks, record evidence and cool down. 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 repeat a controllable run-up and release while observing seam presentation. 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 | Run-Up Rhythm        | Known / estimated / not checked | _____      |
| 2 | Gather               | Known / estimated / not checked | _____      |
| 3 | Front-Side Alignment | Known / estimated / not checked | _____      |
| 4 | Wrist Position       | Known / estimated / not checked | _____      |
| 5 | Seam Angle           | Known / estimated / not checked | _____      |
| 6 | Follow-Through       | Known / estimated / not checked | _____      |

## Continuity Starting Brief

- Mark: Which evidence separates wrist position from seam angle in this case? Mark a checkpoint that another person can recognise.
- Preserve: How does follow-through change the interpretation of run-up rhythm? Preserve the context needed to interpret later work.
- Advance: What boundary on gather must be checked before relying on front-side alignment? Advance one bounded segment toward the outcome.
- Log: Which observation links seam angle to gather, and what remains uncertain? Log interruption, error or uncertainty when it occurs.
- Resume: What alternative explanation could account for both run-up rhythm and wrist position? Resume from evidence rather than memory alone.
- Edition success means: finish a session with fewer avoidable misunderstandings

## Practice Session Planner

This format is designed to organise warm-up, focused drills, rest and review around one goal. For seam bowling, apply the method in a deliberate sequence: prepare, practise in blocks, record evidence and cool down. The edition target is communicate as a team, so each entry should show what was noticed, what was tried and what changed.

| Working step                | What to record                                                                                  | Evidence or source       | Status         |
|-----------------------------|-------------------------------------------------------------------------------------------------|--------------------------|----------------|
| Mark Wrist Position         | Which evidence separates wrist position from seam angle in this case?                           | Checkpoint / date        | Open / checked |
| Preserve Seam Angle         | How does follow-through change the interpretation of run-up rhythm?                             | Context record / date    | Open / checked |
| Advance Follow-Through      | What boundary on gather must be checked before relying on front-side alignment?                 | Completed segment / date | Open / checked |
| Log Run-Up Rhythm           | Which observation links seam angle to gather, and what remains uncertain?                       | Continuity note / date   | Open / checked |
| Resume Gather               | What alternative explanation could account for both run-up rhythm and wrist position?           | Restart point / date     | Open / checked |
| Verify Front-Side Alignment | What next check on front-side alignment would make the record about follow-through more useful? | Chain review / date      | Open / checked |

### Completion Standard

- Keep the work tied to seam bowling, not to a vague general intention.
- Apply this adjustment: agree roles and words before the drill
- Could another person reconstruct the sequence and continue without guessing?
- Expose this outcome risk if it appears: the final chain contains a gap.
- 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-11-02-07 pairs practice session planner with the outcome 'Communicate as a Team'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

## Evidence x Continuity Focused Practice Lab

This lab pairs a evidence method with a continuity outcome lens. Work through the six actions to turn the subject focus - repeat a controllable run-up and release while observing seam presentation - into evidence for communicate as a team. Preserve any gap that prevents a supported conclusion.

| # | Action                                   | Constraint                                                                                                                                                 | Record                         |
|---|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| 1 | Collect / Mark gather                    | Which evidence separates wrist position from seam angle in this case? Mark a checkpoint that another person can recognise.                                 | Evidence list / Checkpoint     |
| 2 | Classify / Preserve front-side alignment | How does follow-through change the interpretation of run-up rhythm? Preserve the context needed to interpret later work.                                   | Source / Context record        |
| 3 | Trace / Advance wrist position           | What boundary on gather must be checked before relying on front-side alignment? Advance one bounded segment toward the outcome.                            | Trace / Completed segment      |
| 4 | Verify / Log seam angle                  | Which observation links seam angle to gather, and what remains uncertain? Log interruption, error or uncertainty when it occurs.                           | Verification / Continuity note |
| 5 | Reconcile / Resume follow-through        | What alternative explanation could account for both run-up rhythm and wrist position? Resume from evidence rather than memory alone.                       | Exception / Restart point      |
| 6 | Approve / Verify run-up rhythm           | What next check on front-side alignment would make the record about follow-through more useful? Verify that the chain remains complete and understandable. | Sign-off / Chain review        |

### Common Failure Modes

- For gather, watch for the source has no date together with the checkpoint is vague.
- For front-side alignment, watch for the evidence is second-hand together with context is lost.
- For wrist position, watch for two records disagree together with the segment has no completion rule.
- For seam angle, watch for a value lacks units together with an interruption goes unrecorded.
- For follow-through, watch for the context has changed together with work resumes from a guess.

### Independent Review Question

Format question: Which source is strongest for this decision, and what limitation remains? Outcome question: Could another person reconstruct the sequence and continue without guessing? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: \_\_\_\_\_

## Cricket Practice Plan for Communicate as a Team

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs evidence with continuity to pursue this objective: make calls and feedback short, early and respectful. Preserve the starting condition and both evidence trails.

| Plan field               | Entry                                  |
|--------------------------|----------------------------------------|
| Purpose                  | Communicate as a Team                  |
| Starting condition       | _____                                  |
| Chosen working area      | _____                                  |
| Continuity note          | agree roles and words before the drill |
| Evidence to capture      | _____                                  |
| Stop or review condition | _____                                  |

### Thirty Minute Practice Shape

| Stage     | Action                                                                                                                           | Evidence                       |
|-----------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| 0-5 min   | Which evidence separates wrist position from seam angle in this case? Identify the evidence required.                            | Evidence list / Checkpoint     |
| 5-10 min  | How does follow-through change the interpretation of run-up rhythm? Collect one traceable record.                                | Source / Context record        |
| 10-18 min | What boundary on gather must be checked before relying on front-side alignment? Label its date, owner and context.               | Trace / Completed segment      |
| 18-24 min | Which observation links seam angle to gather, and what remains uncertain? Cross-check the material independently.                | Verification / Continuity note |
| 24-27 min | What alternative explanation could account for both run-up rhythm and wrist position? Resolve or expose one gap.                 | Exception / Restart point      |
| 27-30 min | What next check on front-side alignment would make the record about follow-through more useful? Record the supported conclusion. | Sign-off / Chain review        |

### Evidence Record Log

| Evidence Record | 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 |

## Source and Evidence Reconciliation - Continuity Lens

This comparison tests seam bowling against communicate as a team through two independent questions. Format: Which source is strongest for this decision, and what limitation remains? Outcome: Could another person reconstruct the sequence and continue without guessing? Record material setting differences instead of averaging them away.

| Evidence area        | Baseline | Alternative | Interpretation prompt                                                                           |
|----------------------|----------|-------------|-------------------------------------------------------------------------------------------------|
| Front-Side Alignment | _____    | _____       | Which evidence separates wrist position from seam angle in this case?                           |
| Wrist Position       | _____    | _____       | How does follow-through change the interpretation of run-up rhythm?                             |
| Seam Angle           | _____    | _____       | What boundary on gather must be checked before relying on front-side alignment?                 |
| Follow-Through       | _____    | _____       | Which observation links seam angle to gather, and what remains uncertain?                       |
| Run-Up Rhythm        | _____    | _____       | What alternative explanation could account for both run-up rhythm and wrist position?           |
| Gather               | _____    | _____       | What next check on front-side alignment would make the record about follow-through more useful? |

### Format Decision Test

| Field                          | Record                                                                       |
|--------------------------------|------------------------------------------------------------------------------|
| Review question                | Which source is strongest for this decision, and what limitation remains?    |
| Outcome question               | Could another person reconstruct the sequence and continue without guessing? |
| Acceptance lens                | finish a session with fewer avoidable misunderstandings                      |
| Conditions held steady         | _____                                                                        |
| Evidence supporting the choice | _____                                                                        |
| Evidence against the choice    | _____                                                                        |

### Evidence Confidence Check

- Checkpoint: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates dates captured?
- Outcome evidence: which record best demonstrates chains verified?
- Challenge: could the segment has no completion rule explain the result?
- Subject boundary: what does this comparison leave unresolved about wrist position?

## Evidence x Continuity Scenario Cards

Use these paired scenarios to rehearse judgement for communicate as a team. Each card joins a evidence 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 | Wrist Position: the evidence is second-hand.  | Which evidence separates wrist position from seam angle in this case?                           | Checkpoint        |
| 2 | Seam Angle: two records disagree.             | How does follow-through change the interpretation of run-up rhythm?                             | Context record    |
| 3 | Follow-Through: a value lacks units.          | What boundary on gather must be checked before relying on front-side alignment?                 | Completed segment |
| 4 | Run-Up Rhythm: the context has changed.       | Which observation links seam angle to gather, and what remains uncertain?                       | Continuity note   |
| 5 | Gather: approval is missing.                  | What alternative explanation could account for both run-up rhythm and wrist position?           | Restart point     |
| 6 | Front-Side Alignment: the source has no date. | What next check on front-side alignment would make the record about follow-through more useful? | Chain review      |

### Decision Record

| Field                  | Notes                                                                        |
|------------------------|------------------------------------------------------------------------------|
| Chosen format scenario | _____                                                                        |
| Outcome lens           | Could another person reconstruct the sequence and continue without guessing? |
| Evidence available     | _____                                                                        |
| Evidence missing       | _____                                                                        |
| Controlled next step   | _____                                                                        |
| Person / review date   | _____                                                                        |

## Eight Evidence and Continuity Evidence Tracker

Track communicate as a team across eight practice blocks using the evidence method and the continuity outcome lens. Keep conditions visible and use this review question: Could another person reconstruct the sequence and continue without guessing?

| # | Focus                | Condition | Result | Next action |
|---|----------------------|-----------|--------|-------------|
| 1 | Wrist Position       | _____     | _____  | _____       |
| 2 | Seam Angle           | _____     | _____  | _____       |
| 3 | Follow-Through       | _____     | _____  | _____       |
| 4 | Run-Up Rhythm        | _____     | _____  | _____       |
| 5 | Gather               | _____     | _____  | _____       |
| 6 | Front-Side Alignment | _____     | _____  | _____       |
| 7 | Wrist Position       | _____     | _____  | _____       |
| 8 | Seam Angle           | _____     | _____  | _____       |

### Evidence Evidence Dashboard

| Measure                                                       | Baseline | Current | Evidence location |
|---------------------------------------------------------------|----------|---------|-------------------|
| Run-Up Rhythm: Sources Identified / Checkpoints Marked        | _____    | _____   | _____             |
| Gather: Dates Captured / Contexts Preserved                   | _____    | _____   | _____             |
| Front-Side Alignment: Records Traced / Segments Completed     | _____    | _____   | _____             |
| Wrist Position: Cross-Checks Completed / Interruptions Logged | _____    | _____   | _____             |
| Seam Angle: Exceptions Resolved / Restarts Evidenced          | _____    | _____   | _____             |
| Follow-Through: Conclusions Supported / Chains Verified       | _____    | _____   | _____             |

### Interpret the Trend

- I left a checkpoint that is meaningful without relying on memory.
- I preserved interruptions and unresolved gaps as part of the record.
- Keep the method only when the evidence for communicate as a team improves without hiding the segment has no completion rule.
- How does follow-through change the interpretation of run-up rhythm?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Evidence x Continuity Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this practice session planner, the intended result was communicate as a team; the outcome test is: Could another person reconstruct the sequence and continue without guessing? The close-out standard remains: finish a session with fewer avoidable misunderstandings.

| 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 wrist position from seam angle in this case?
- Subject check: How does follow-through change the interpretation of run-up rhythm?
- Format check: I left disputed or missing evidence visibly unresolved.
- Outcome check: I preserved interruptions and unresolved gaps as part of the record.
- 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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