

Seam Bowling Decision Making Workbook - Build a Reliable Baseline

Seam Bowling | Build a Reliable Baseline | Asset ID CRIC-11-04-01

Purpose: This original printable decision making workbook helps players, coaches, clubs, schools and families work with seam bowling while pursuing one defined outcome: understand the current skill before changing technique. Its method is to read the situation, name options, choose and review the consequence. 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	_____

Foundation Starting Brief

- Survey: Which evidence separates follow-through from run-up rhythm in this case? Survey the present state before setting a target.
- Select: How does gather change the interpretation of front-side alignment? Select the smallest useful starting point.
- Bound: What boundary on wrist position must be checked before relying on seam angle? Bound the work by time, scope and available support.
- Prepare: Which observation links run-up rhythm to wrist position, and what remains uncertain? Prepare the materials, conditions and owner.
- Begin: What alternative explanation could account for both front-side alignment and follow-through? Begin with one observable action.
- Edition success means: record several comparable attempts and a clear starting measure

Decision Making Workbook

This format is designed to improve choices by linking ball, field and match information. For seam bowling, apply the method in a deliberate sequence: read the situation, name options, choose and review the consequence. 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 Follow-Through	Which evidence separates follow-through from run-up rhythm in this case?	Starting view / date	Open / checked
Select Run-Up Rhythm	How does gather change the interpretation of front-side alignment?	First priority / date	Open / checked
Bound Gather	What boundary on wrist position must be checked before relying on seam angle?	Boundary / date	Open / checked
Prepare Front-Side Alignment	Which observation links run-up rhythm to wrist position, and what remains uncertain?	Readiness / date	Open / checked
Begin Wrist Position	What alternative explanation could account for both front-side alignment and follow-through?	First result / date	Open / checked
Confirm Seam Angle	What next check on seam angle would make the record about gather more useful?	Foundation check / date	Open / checked

Completion Standard

- Keep the work tied to seam bowling, 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-11-04-01 pairs decision making workbook 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.

Analysis x Foundation Focused Practice Lab

This lab pairs a analysis method with a foundation 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 build a reliable baseline. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Question / Survey gather	Which evidence separates follow-through from run-up rhythm in this case? Survey the present state before setting a target.	Question / Starting view
2	Measure / Select front-side alignment	How does gather change the interpretation of front-side alignment? Select the smallest useful starting point.	Baseline / First priority
3	Analyse / Bound wrist position	What boundary on wrist position must be checked before relying on seam angle? Bound the work by time, scope and available support.	Pattern / Boundary
4	Contrast / Prepare seam angle	Which observation links run-up rhythm to wrist position, and what remains uncertain? Prepare the materials, conditions and owner.	Alternative / Readiness
5	Stress-test / Begin follow-through	What alternative explanation could account for both front-side alignment and follow-through? Begin with one observable action.	Stress test / First result
6	Qualify / Confirm run-up rhythm	What next check on seam angle would make the record about gather more useful? Confirm what is ready for the next cycle.	Decision / Foundation check

Common Failure Modes

- For gather, watch for the question is too broad together with the starting state is assumed.
- For front-side alignment, watch for the baseline is not comparable together with the first target is too large.
- For wrist position, watch for one result is an outlier together with the scope has no boundary.
- For seam angle, watch for correlation is mistaken for cause together with required support is missing.
- For follow-through, watch for the alternative fits equally well together with several actions start together.

Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? 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 analysis 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 follow-through from run-up rhythm in this case? Define the exact analytical question.	Question / Starting view
5-10 min	How does gather change the interpretation of front-side alignment? Capture a comparable baseline.	Baseline / First priority
10-18 min	What boundary on wrist position must be checked before relying on seam angle? Examine the strongest pattern.	Pattern / Boundary
18-24 min	Which observation links run-up rhythm to wrist position, and what remains uncertain? Test an alternative explanation.	Alternative / Readiness
24-27 min	What alternative explanation could account for both front-side alignment and follow-through? Check the result under one changed condition.	Stress test / First result
27-30 min	What next check on seam angle would make the record about gather more useful? State a bounded conclusion.	Decision / Foundation check

Analysis Pass Log

Analysis Pass	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

Analytical Claim Test - Foundation Lens

This comparison tests seam bowling against build a reliable baseline through two independent questions. Format: Which alternative explanation best challenges the current conclusion? 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
Seam Angle	_____	_____	Which evidence separates follow-through from run-up rhythm in this case?
Follow-Through	_____	_____	How does gather change the interpretation of front-side alignment?
Run-Up Rhythm	_____	_____	What boundary on wrist position must be checked before relying on seam angle?
Gather	_____	_____	Which observation links run-up rhythm to wrist position, and what remains uncertain?
Front-Side Alignment	_____	_____	What alternative explanation could account for both front-side alignment and follow-through?
Wrist Position	_____	_____	What next check on seam angle would make the record about gather more useful?

Format Decision Test

Field	Record
Review question	Which alternative explanation best challenges the current conclusion?
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	_____

Analysis Confidence Check

- Starting view: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates baselines captured?
- Outcome evidence: which record best demonstrates next cycles approved?
- Challenge: could several actions start together explain the result?
- Subject boundary: what does this comparison leave unresolved about follow-through?

Analysis x Foundation Scenario Cards

Use these paired scenarios to rehearse judgement for build a reliable baseline. Each card joins a analysis 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	Follow-Through: the baseline is not comparable.	Which evidence separates follow-through from run-up rhythm in this case?	Starting view
2	Run-Up Rhythm: one result is an outlier.	How does gather change the interpretation of front-side alignment?	First priority
3	Gather: correlation is mistaken for cause.	What boundary on wrist position must be checked before relying on seam angle?	Boundary
4	Front-Side Alignment: the alternative fits equally well.	Which observation links run-up rhythm to wrist position, and what remains uncertain?	Readiness
5	Wrist Position: the conclusion overreaches.	What alternative explanation could account for both front-side alignment and follow-through?	First result
6	Seam Angle: the question is too broad.	What next check on seam angle would make the record about gather 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 Analysis and Foundation Evidence Tracker

Track build a reliable baseline across eight practice blocks using the analysis 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	Follow-Through	_____	_____	_____
2	Run-Up Rhythm	_____	_____	_____
3	Gather	_____	_____	_____
4	Front-Side Alignment	_____	_____	_____
5	Wrist Position	_____	_____	_____
6	Seam Angle	_____	_____	_____
7	Follow-Through	_____	_____	_____
8	Run-Up Rhythm	_____	_____	_____

Analysis Evidence Dashboard

Measure	Baseline	Current	Evidence location
Run-Up Rhythm: Questions Bounded / Starting Conditions Recorded	_____	_____	_____
Gather: Baselines Captured / First Priority Selected	_____	_____	_____
Front-Side Alignment: Patterns Tested / Scope Boundaries Stated	_____	_____	_____
Wrist Position: Alternatives Considered / Readiness Items Confirmed	_____	_____	_____
Seam Angle: Limitations Stated / First Actions Completed	_____	_____	_____
Follow-Through: Conclusions Qualified / 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 several actions start together.
- How does gather change the interpretation of front-side alignment?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Analysis x Foundation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this decision making workbook, 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 follow-through from run-up rhythm in this case?
- Subject check: How does gather change the interpretation of front-side alignment?
- Format check: I stated what the analysis does not establish.
- 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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