

# Seam Bowling Decision Making Workbook - Reduce Repeated Errors

Seam Bowling | Reduce Repeated Errors | Asset ID CRIC-11-04-05

**Purpose:** This original printable decision making workbook helps players, coaches, clubs, schools and families work with seam bowling while pursuing one defined outcome: identify the cue that occurs just before the same miss. 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 | _____      |

## Consistency and Control Starting Brief

- Signal: Which evidence separates wrist position from seam angle in this case? Identify the signal that matters most to the intended outcome.
- Standardise: How does follow-through change the interpretation of run-up rhythm? Standardise the conditions that should remain steady.
- Record: What boundary on gather must be checked before relying on front-side alignment? Record variation without hiding inconvenient results.
- Compare: Which observation links seam angle to gather, and what remains uncertain? Compare several observations rather than one best case.
- Stabilise: What alternative explanation could account for both run-up rhythm and wrist position? Stabilise one controllable source of variation.
- Edition success means: reduce one selected error across comparable attempts

## 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 reduce repeated errors, so each entry should show what was noticed, what was tried and what changed.

| Working step                | What to record                                                                                  | Evidence or source      | Status         |
|-----------------------------|-------------------------------------------------------------------------------------------------|-------------------------|----------------|
| Signal Wrist Position       | Which evidence separates wrist position from seam angle in this case?                           | Control signal / date   | Open / checked |
| Standardise Seam Angle      | How does follow-through change the interpretation of run-up rhythm?                             | Fixed conditions / date | Open / checked |
| Record Follow-Through       | What boundary on gather must be checked before relying on front-side alignment?                 | Variation log / date    | Open / checked |
| Compare Run-Up Rhythm       | Which observation links seam angle to gather, and what remains uncertain?                       | Pattern / date          | Open / checked |
| Stabilise Gather            | What alternative explanation could account for both run-up rhythm and wrist position?           | Control action / date   | Open / checked |
| Review Front-Side Alignment | What next check on front-side alignment would make the record about follow-through more useful? | Control review / date   | Open / checked |

### Completion Standard

- Keep the work tied to seam bowling, not to a vague general intention.
- Apply this adjustment: change one likely cause and retest the exact task
- Which source of variation is both important and realistically controllable?
- Expose this outcome risk if it appears: consistency improves while quality declines.
- 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-11-04-05 pairs decision making workbook with the outcome 'Reduce Repeated Errors'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

## Analysis x Consistency and Control Focused Practice Lab

This lab pairs a analysis method with a consistency and control 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 reduce repeated errors. Preserve any gap that prevents a supported conclusion.

| # | Action                                  | Constraint                                                                                                                                              | Record                       |
|---|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 1 | Question / Signal follow-through        | Which evidence separates wrist position from seam angle in this case? Identify the signal that matters most to the intended outcome.                    | Question / Control signal    |
| 2 | Measure / Standardise run-up rhythm     | How does follow-through change the interpretation of run-up rhythm? Standardise the conditions that should remain steady.                               | Baseline / Fixed conditions  |
| 3 | Analyse / Record gather                 | What boundary on gather must be checked before relying on front-side alignment? Record variation without hiding inconvenient results.                   | Pattern / Variation log      |
| 4 | Contrast / Compare front-side alignment | Which observation links seam angle to gather, and what remains uncertain? Compare several observations rather than one best case.                       | Alternative / Pattern        |
| 5 | Stress-test / Stabilise wrist position  | What alternative explanation could account for both run-up rhythm and wrist position? Stabilise one controllable source of variation.                   | Stress test / Control action |
| 6 | Qualify / Review seam angle             | What next check on front-side alignment would make the record about follow-through more useful? Review whether consistency improved within safe limits. | Decision / Control review    |

### Common Failure Modes

- For follow-through, watch for the question is too broad together with the wrong signal is tracked.
- For run-up rhythm, watch for the baseline is not comparable together with important conditions drift.
- For gather, watch for one result is an outlier together with inconvenient variation is hidden.
- For front-side alignment, watch for correlation is mistaken for cause together with one result is treated as a pattern.
- For wrist position, watch for the alternative fits equally well together with control becomes rigid or unsafe.

### Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? Outcome question: Which source of variation is both important and realistically controllable? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: \_\_\_\_\_

## Cricket Practice Plan for Reduce Repeated Errors

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs analysis with consistency and control to pursue this objective: identify the cue that occurs just before the same miss. Preserve the starting condition and both evidence trails.

| Plan field               | Entry                                             |
|--------------------------|---------------------------------------------------|
| Purpose                  | Reduce Repeated Errors                            |
| Starting condition       | _____                                             |
| Chosen working area      | _____                                             |
| Pattern                  | change one likely cause and retest the exact task |
| 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? Define the exact analytical question.                         | Question / Control signal    |
| 5-10 min  | How does follow-through change the interpretation of run-up rhythm? Capture a comparable baseline.                                  | Baseline / Fixed conditions  |
| 10-18 min | What boundary on gather must be checked before relying on front-side alignment? Examine the strongest pattern.                      | Pattern / Variation log      |
| 18-24 min | Which observation links seam angle to gather, and what remains uncertain? Test an alternative explanation.                          | Alternative / Pattern        |
| 24-27 min | What alternative explanation could account for both run-up rhythm and wrist position? Check the result under one changed condition. | Stress test / Control action |
| 27-30 min | What next check on front-side alignment would make the record about follow-through more useful? State a bounded conclusion.         | Decision / Control review    |

### 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 - Consistency and Control Lens

This comparison tests seam bowling against reduce repeated errors through two independent questions. Format: Which alternative explanation best challenges the current conclusion? Outcome: Which source of variation is both important and realistically controllable? Record material setting differences instead of averaging them away.

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

### Format Decision Test

| Field                          | Record                                                                      |
|--------------------------------|-----------------------------------------------------------------------------|
| Review question                | Which alternative explanation best challenges the current conclusion?       |
| Outcome question               | Which source of variation is both important and realistically controllable? |
| Acceptance lens                | reduce one selected error across comparable attempts                        |
| Conditions held steady         | _____                                                                       |
| Evidence supporting the choice | _____                                                                       |
| Evidence against the choice    | _____                                                                       |

### Analysis Confidence Check

- Control signal: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates conclusions qualified?
- Outcome evidence: which record best demonstrates stable results reviewed?
- Challenge: could control becomes rigid or unsafe explain the result?
- Subject boundary: what does this comparison leave unresolved about wrist position?

## Analysis x Consistency and Control Scenario Cards

Use these paired scenarios to rehearse judgement for reduce repeated errors. 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 | Wrist Position: the conclusion overreaches.              | Which evidence separates wrist position from seam angle in this case?                           | Control signal   |
| 2 | Seam Angle: the question is too broad.                   | How does follow-through change the interpretation of run-up rhythm?                             | Fixed conditions |
| 3 | Follow-Through: the baseline is not comparable.          | What boundary on gather must be checked before relying on front-side alignment?                 | Variation log    |
| 4 | Run-Up Rhythm: one result is an outlier.                 | Which observation links seam angle to gather, and what remains uncertain?                       | Pattern          |
| 5 | Gather: correlation is mistaken for cause.               | What alternative explanation could account for both run-up rhythm and wrist position?           | Control action   |
| 6 | Front-Side Alignment: the alternative fits equally well. | What next check on front-side alignment would make the record about follow-through more useful? | Control review   |

### Decision Record

| Field                  | Notes                                                                       |
|------------------------|-----------------------------------------------------------------------------|
| Chosen format scenario | _____                                                                       |
| Outcome lens           | Which source of variation is both important and realistically controllable? |
| Evidence available     | _____                                                                       |
| Evidence missing       | _____                                                                       |
| Controlled next step   | _____                                                                       |
| Person / review date   | _____                                                                       |

## Eight Analysis and Consistency and Control Evidence Tracker

Track reduce repeated errors across eight practice blocks using the analysis method and the consistency and control outcome lens. Keep conditions visible and use this review question: Which source of variation is both important and realistically controllable?

| # | 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 / Signals Selected             | _____    | _____   | _____             |
| Gather: Baselines Captured / Conditions Standardised            | _____    | _____   | _____             |
| Front-Side Alignment: Patterns Tested / Variations Recorded     | _____    | _____   | _____             |
| Wrist Position: Alternatives Considered / Patterns Compared     | _____    | _____   | _____             |
| Seam Angle: Limitations Stated / Control Actions Applied        | _____    | _____   | _____             |
| Follow-Through: Conclusions Qualified / Stable Results Reviewed | _____    | _____   | _____             |

### Interpret the Trend

- I compared a pattern of results rather than selecting the best one.
- I checked that greater consistency did not conceal a loss of quality or safety.
- Keep the method only when the evidence for reduce repeated errors improves without hiding control becomes rigid or unsafe.
- What next check on front-side alignment would make the record about follow-through more useful?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Analysis x Consistency and Control 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 reduce repeated errors; the outcome test is: Which source of variation is both important and realistically controllable? The close-out standard remains: reduce one selected error across comparable attempts.

| 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 stated what the analysis does not establish.
- Outcome check: I checked that greater consistency did not conceal a loss of quality or safety.
- 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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