

Seam Bowling Decision Making Workbook - Review Performance

Seam Bowling | Review Performance | Asset ID CRIC-11-04-10

Purpose: This original printable decision making workbook helps players, coaches, clubs, schools and families work with seam bowling while pursuing one defined outcome: convert notes and results into one practical next step. 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	_____

Learning and Adaptation Starting Brief

- Gather: Which evidence separates front-side alignment from wrist position in this case? Gather enough records to review the work fairly.
- Align: How does seam angle change the interpretation of follow-through? Align dates, conditions and measures before comparison.
- Detect: What boundary on run-up rhythm must be checked before relying on gather? Detect a repeated strength, gap or turning point.
- Explain: Which observation links wrist position to run-up rhythm, and what remains uncertain? Explain the pattern without hiding contradictory evidence.
- Prioritise: What alternative explanation could account for both follow-through and front-side alignment? Prioritise one adjustment with the highest useful value.
- Edition success means: choose a small next target supported by the session record

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 review performance, so each entry should show what was noticed, what was tried and what changed.

Working step	What to record	Evidence or source	Status
Gather Front-Side Alignment	Which evidence separates front-side alignment from wrist position in this case?	Review set / date	Open / checked
Align Wrist Position	How does seam angle change the interpretation of follow-through?	Comparable record / date	Open / checked
Detect Seam Angle	What boundary on run-up rhythm must be checked before relying on gather?	Learning pattern / date	Open / checked
Explain Follow-Through	Which observation links wrist position to run-up rhythm, and what remains uncertain?	Bounded explanation / date	Open / checked
Prioritise Run-Up Rhythm	What alternative explanation could account for both follow-through and front-side alignment?	Next priority / date	Open / checked
Schedule Gather	What next check on gather would make the record about seam angle more useful?	Review date / date	Open / checked

Completion Standard

- Keep the work tied to seam bowling, not to a vague general intention.
- Apply this adjustment: separate context, execution and outcome
- Which single adjustment is best supported by the complete review record?
- Expose this outcome risk if it appears: the next review has no date or owner.
- 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-11-04-10 pairs decision making workbook with the outcome 'Review Performance'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Analysis x Learning and Adaptation Focused Practice Lab

This lab pairs a analysis method with a learning and adaptation 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 review performance. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Question / Gather seam angle	Which evidence separates front-side alignment from wrist position in this case? Gather enough records to review the work fairly.	Question / Review set
2	Measure / Align follow-through	How does seam angle change the interpretation of follow-through? Align dates, conditions and measures before comparison.	Baseline / Comparable record
3	Analyse / Detect run-up rhythm	What boundary on run-up rhythm must be checked before relying on gather? Detect a repeated strength, gap or turning point.	Pattern / Learning pattern
4	Contrast / Explain gather	Which observation links wrist position to run-up rhythm, and what remains uncertain? Explain the pattern without hiding contradictory evidence.	Alternative / Bounded explanation
5	Stress-test / Prioritise front-side alignment	What alternative explanation could account for both follow-through and front-side alignment? Prioritise one adjustment with the highest useful value.	Stress test / Next priority
6	Qualify / Schedule wrist position	What next check on gather would make the record about seam angle more useful? Schedule the next check and preserve the review trail.	Decision / Review date

Common Failure Modes

- For seam angle, watch for the question is too broad together with the review set is selective.
- For follow-through, watch for the baseline is not comparable together with unlike records are compared.
- For run-up rhythm, watch for one result is an outlier together with noise is mistaken for a pattern.
- For gather, watch for correlation is mistaken for cause together with contradictory evidence is omitted.
- For front-side alignment, watch for the alternative fits equally well together with too many adjustments are prioritised.

Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? Outcome question: Which single adjustment is best supported by the complete review record? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Review Performance

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs analysis with learning and adaptation to pursue this objective: convert notes and results into one practical next step. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Review Performance
Starting condition	_____
Chosen working area	_____
Bounded explanation	separate context, execution and outcome
Evidence to capture	_____
Stop or review condition	_____

Thirty Minute Practice Shape

Stage	Action	Evidence
0-5 min	Which evidence separates front-side alignment from wrist position in this case? Define the exact analytical question.	Question / Review set
5-10 min	How does seam angle change the interpretation of follow-through? Capture a comparable baseline.	Baseline / Comparable record
10-18 min	What boundary on run-up rhythm must be checked before relying on gather? Examine the strongest pattern.	Pattern / Learning pattern
18-24 min	Which observation links wrist position to run-up rhythm, and what remains uncertain? Test an alternative explanation.	Alternative / Bounded explanation
24-27 min	What alternative explanation could account for both follow-through and front-side alignment? Check the result under one changed condition.	Stress test / Next priority
27-30 min	What next check on gather would make the record about seam angle more useful? State a bounded conclusion.	Decision / Review date

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 - Learning and Adaptation Lens

This comparison tests seam bowling against review performance through two independent questions. Format: Which alternative explanation best challenges the current conclusion? Outcome: Which single adjustment is best supported by the complete review record? Record material setting differences instead of averaging them away.

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

Format Decision Test

Field	Record
Review question	Which alternative explanation best challenges the current conclusion?
Outcome question	Which single adjustment is best supported by the complete review record?
Acceptance lens	choose a small next target supported by the session record
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Analysis Confidence Check

- Review set: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates limitations stated?
- Outcome evidence: which record best demonstrates reviews scheduled?
- Challenge: could too many adjustments be prioritised explain the result?
- Subject boundary: what does this comparison leave unresolved about front-side alignment?

Analysis x Learning and Adaptation Scenario Cards

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

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Which single adjustment is best supported by the complete review record?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Analysis and Learning and Adaptation Evidence Tracker

Track review performance across eight practice blocks using the analysis method and the learning and adaptation outcome lens. Keep conditions visible and use this review question: Which single adjustment is best supported by the complete review record?

#	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 / Records Gathered	_____	_____	_____
Gather: Baselines Captured / Conditions Aligned	_____	_____	_____
Front-Side Alignment: Patterns Tested / Patterns Detected	_____	_____	_____
Wrist Position: Alternatives Considered / Explanations Qualified	_____	_____	_____
Seam Angle: Limitations Stated / Adjustments Prioritised	_____	_____	_____
Follow-Through: Conclusions Qualified / Reviews Scheduled	_____	_____	_____

Interpret the Trend

- I included evidence that challenged the most convenient explanation.
- I selected one next adjustment and scheduled when it will be reviewed.
- Keep the method only when the evidence for review performance improves without hiding too many adjustments are prioritised.
- What alternative explanation could account for both follow-through and 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 Learning and Adaptation 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 review performance; the outcome test is: Which single adjustment is best supported by the complete review record? The close-out standard remains: choose a small next target supported by the session record.

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 front-side alignment from wrist position in this case?
- Subject check: How does seam angle change the interpretation of follow-through?
- Format check: I stated what the analysis does not establish.
- Outcome check: I selected one next adjustment and scheduled when it will be reviewed.
- 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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