

Strike Rotation Performance Journal - Make Better Decisions

Strike Rotation | Make Better Decisions | Asset ID CRIC-07-10-04

Purpose: This original printable performance journal helps players, coaches, clubs, schools and families work with strike rotation while pursuing one defined outcome: connect skill choice to line, length, field and match state. 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 turn controlled contact and partner awareness into lower-risk singles. 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	Soft-Gap Choice	Known / estimated / not checked	_____
2	First-Call Responsibility	Known / estimated / not checked	_____
3	Backing Up	Known / estimated / not checked	_____
4	Turning Technique	Known / estimated / not checked	_____
5	Fielder Awareness	Known / estimated / not checked	_____
6	Abort Decision	Known / estimated / not checked	_____

Decision Quality Starting Brief

- Read: Which evidence separates backing up from turning technique in this case? Read the context and identify the decision that is actually due.
- List: How does fielder awareness change the interpretation of abort decision? List realistic options, including pause or escalation.
- Weigh: What boundary on soft-gap choice must be checked before relying on first-call responsibility? Weigh evidence, consequence and uncertainty.
- Choose: Which observation links turning technique to soft-gap choice, and what remains uncertain? Choose within the stated authority and boundary.
- Observe: What alternative explanation could account for both abort decision and backing up? Observe the immediate consequence without rewriting the rationale.
- Edition success means: explain more choices with evidence from the situation

Performance Journal

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

Working step	What to record	Evidence or source	Status
Read Backing Up	Which evidence separates backing up from turning technique in this case?	Decision point / date	Open / checked
List Turning Technique	How does fielder awareness change the interpretation of abort decision?	Options / date	Open / checked
Weigh Fielder Awareness	What boundary on soft-gap choice must be checked before relying on first-call responsibility?	Trade-off / date	Open / checked
Choose Abort Decision	Which observation links turning technique to soft-gap choice, and what remains uncertain?	Choice / date	Open / checked
Observe Soft-Gap Choice	What alternative explanation could account for both abort decision and backing up?	Outcome / date	Open / checked
Explain First-Call Responsibility	What next check on first-call responsibility would make the record about fielder awareness more useful?	Decision review / date	Open / checked

Completion Standard

- Keep the work tied to strike rotation, not to a vague general intention.
- Apply this adjustment: name a safe option, scoring option and risk before the attempt
- Was the choice reasonable from the information available at the decision point?
- Expose this outcome risk if it appears: a realistic option is omitted.
- 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-07-10-04 pairs performance journal with the outcome 'Make Better Decisions'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Reflective Practice x Decision Quality Focused Practice Lab

This lab pairs a reflective practice method with a decision quality outcome lens. Work through the six actions to turn the subject focus - turn controlled contact and partner awareness into lower-risk singles - into evidence for make better decisions. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Intend / Read fielder awareness	Which evidence separates backing up from turning technique in this case? Read the context and identify the decision that is actually due.	Intention / Decision point
2	Record / List abort decision	How does fielder awareness change the interpretation of abort decision? List realistic options, including pause or escalation.	Record / Options
3	Notice / Weigh soft-gap choice	What boundary on soft-gap choice must be checked before relying on first-call responsibility? Weigh evidence, consequence and uncertainty.	Observation / Trade-off
4	Interpret / Choose first-call responsibility	Which observation links turning technique to soft-gap choice, and what remains uncertain? Choose within the stated authority and boundary.	Meaning / Choice
5	Synthesize / Observe backing up	What alternative explanation could account for both abort decision and backing up? Observe the immediate consequence without rewriting the rationale.	Learning / Outcome
6	Commit / Explain turning technique	What next check on first-call responsibility would make the record about fielder awareness more useful? Explain whether the choice should be repeated or revised.	Commitment / Decision review

Common Failure Modes

- For fielder awareness, watch for the intention is too vague together with the wrong decision is framed.
- For abort decision, watch for the record omits an uncomfortable result together with a realistic option is omitted.
- For soft-gap choice, watch for a detail is overinterpreted together with confidence is mistaken for evidence.
- For first-call responsibility, watch for context is ignored together with authority or safety limits are crossed.
- For backing up, watch for the lesson is too broad together with the outcome rewrites the original rationale.

Independent Review Question

Format question: Which lesson is supported by the record, and which part remains personal interpretation? Outcome question: Was the choice reasonable from the information available at the decision point? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Make Better Decisions

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs reflective practice with decision quality to pursue this objective: connect skill choice to line, length, field and match state. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Make Better Decisions
Starting condition	_____
Chosen working area	_____
Choice	name a safe option, scoring option and risk before the attempt
Evidence to capture	_____
Stop or review condition	_____

Thirty Minute Practice Shape

Stage	Action	Evidence
0-5 min	Which evidence separates backing up from turning technique in this case? Set one honest intention.	Intention / Decision point
5-10 min	How does fielder awareness change the interpretation of abort decision? Record what happened without polishing it.	Record / Options
10-18 min	What boundary on soft-gap choice must be checked before relying on first-call responsibility? Notice a meaningful detail or pattern.	Observation / Trade-off
18-24 min	Which observation links turning technique to soft-gap choice, and what remains uncertain? Interpret it alongside context.	Meaning / Choice
24-27 min	What alternative explanation could account for both abort decision and backing up? Synthesize one transferable lesson.	Learning / Outcome
27-30 min	What next check on first-call responsibility would make the record about fielder awareness more useful? Commit to a small next action.	Commitment / Decision review

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 - Decision Quality Lens

This comparison tests strike rotation against make better decisions through two independent questions. Format: Which lesson is supported by the record, and which part remains personal interpretation? Outcome: Was the choice reasonable from the information available at the decision point? Record material setting differences instead of averaging them away.

Evidence area	Baseline	Alternative	Interpretation prompt
Fielder Awareness	_____	_____	Which evidence separates backing up from turning technique in this case?
Abort Decision	_____	_____	How does fielder awareness change the interpretation of abort decision?
Soft-Gap Choice	_____	_____	What boundary on soft-gap choice must be checked before relying on first-call responsibility?
First-Call Responsibility	_____	_____	Which observation links turning technique to soft-gap choice, and what remains uncertain?
Backing Up	_____	_____	What alternative explanation could account for both abort decision and backing up?
Turning Technique	_____	_____	What next check on first-call responsibility would make the record about fielder awareness more useful?

Format Decision Test

Field	Record
Review question	Which lesson is supported by the record, and which part remains personal interpretation?
Outcome question	Was the choice reasonable from the information available at the decision point?
Acceptance lens	explain more choices with evidence from the situation
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Reflective Practice Confidence Check

- Decision point: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates lessons bounded?
- Outcome evidence: which record best demonstrates options listed?
- Challenge: could the outcome rewrites the original rationale explain the result?
- Subject boundary: what does this comparison leave unresolved about backing up?

Reflective Practice x Decision Quality Scenario Cards

Use these paired scenarios to rehearse judgement for make better decisions. 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	Backing Up: the lesson is too broad.	Which evidence separates backing up from turning technique in this case?	Decision point
2	Turning Technique: the next action is not owned.	How does fielder awareness change the interpretation of abort decision?	Options
3	Fielder Awareness: the intention is too vague.	What boundary on soft-gap choice must be checked before relying on first-call responsibility?	Trade-off
4	Abort Decision: the record omits an uncomfortable result.	Which observation links turning technique to soft-gap choice, and what remains uncertain?	Choice
5	Soft-Gap Choice: a detail is overinterpreted.	What alternative explanation could account for both abort decision and backing up?	Outcome
6	First-Call Responsibility: context is ignored.	What next check on first-call responsibility would make the record about fielder awareness more useful?	Decision review

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Was the choice reasonable from the information available at the decision point?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Reflective Practice and Decision Quality Evidence Tracker

Track make better decisions across eight practice blocks using the reflective practice method and the decision quality outcome lens. Keep conditions visible and use this review question: Was the choice reasonable from the information available at the decision point?

#	Focus	Condition	Result	Next action
1	Abort Decision	_____	_____	_____
2	Soft-Gap Choice	_____	_____	_____
3	First-Call Responsibility	_____	_____	_____
4	Backing Up	_____	_____	_____
5	Turning Technique	_____	_____	_____
6	Fielder Awareness	_____	_____	_____
7	Abort Decision	_____	_____	_____
8	Soft-Gap Choice	_____	_____	_____

Reflective Practice Evidence Dashboard

Measure	Baseline	Current	Evidence location
Soft-Gap Choice: Intentions Recorded / Decision Points Framed	_____	_____	_____
First-Call Responsibility: Entries Completed / Options Listed	_____	_____	_____
Backing Up: Patterns Noticed / Trade-Offs Recorded	_____	_____	_____
Turning Technique: Context Considered / Bounded Choices Made	_____	_____	_____
Fielder Awareness: Lessons Bounded / Consequences Observed	_____	_____	_____
Abort Decision: Commitments Completed / Decisions Explained	_____	_____	_____

Interpret the Trend

- I preserved the information and reasoning available when the decision was made.
- I judged the process separately from whether the outcome happened to be favourable.
- Keep the method only when the evidence for make better decisions improves without hiding the outcome rewrites the original rationale.
- What alternative explanation could account for both abort decision and backing up?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Reflective Practice x Decision Quality Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this performance journal, the intended result was make better decisions; the outcome test is: Was the choice reasonable from the information available at the decision point? The close-out standard remains: explain more choices with evidence from the situation.

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 backing up from turning technique in this case?
- Subject check: How does fielder awareness change the interpretation of abort decision?
- Format check: I converted reflection into one small, owned next action.
- Outcome check: I judged the process separately from whether the outcome happened to be favourable.
- 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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