

Throwing Skill Fundamentals Guide - Plan a Match Scenario

Throwing | Plan a Match Scenario | Asset ID CRIC-20-01-08

Purpose: This original printable skill fundamentals guide helps players, coaches, clubs, schools and families work with throwing while pursuing one defined outcome: turn scoreboard and resources into a bounded tactical plan. Its method is to explain the purpose, rehearse slowly and add pace only after control. 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 produce an accurate, safe return through footwork, alignment and suitable effort. 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	Pickup Setup	Known / estimated / not checked	_____
2	Crow Hop	Known / estimated / not checked	_____
3	Shoulder Alignment	Known / estimated / not checked	_____
4	Release	Known / estimated / not checked	_____
5	Target	Known / estimated / not checked	_____
6	Recovery	Known / estimated / not checked	_____

Scenario and Facilitation Starting Brief

- Frame: Which evidence separates release from target in this case? Frame a bounded scenario with a clear success measure.
- Assign: How does recovery change the interpretation of pickup setup? Assign roles, resources and stop conditions.
- Run: What boundary on crow hop must be checked before relying on shoulder alignment? Run the scenario without adding hidden rules.
- Capture: Which observation links target to crow hop, and what remains uncertain? Capture decisions, timing and exceptions.
- Debrief: What alternative explanation could account for both pickup setup and release? Debrief actions with evidence and balanced participation.
- Edition success means: run and review the scenario with a reason for each adjustment

Skill Fundamentals Guide

This format is designed to convert a cricket skill into observable, coachable elements. For throwing, apply the method in a deliberate sequence: explain the purpose, rehearse slowly and add pace only after control. The edition target is plan a match scenario, so each entry should show what was noticed, what was tried and what changed.

Working step	What to record	Evidence or source	Status
Frame Release	Which evidence separates release from target in this case?	Scenario brief / date	Open / checked
Assign Target	How does recovery change the interpretation of pickup setup?	Role map / date	Open / checked
Run Recovery	What boundary on crow hop must be checked before relying on shoulder alignment?	Scenario run / date	Open / checked
Capture Pickup Setup	Which observation links target to crow hop, and what remains uncertain?	Event record / date	Open / checked
Debrief Crow Hop	What alternative explanation could account for both pickup setup and release?	Debrief / date	Open / checked
Transfer Shoulder Alignment	What next check on shoulder alignment would make the record about recovery more useful?	Transfer plan / date	Open / checked

Completion Standard

- Keep the work tied to throwing, not to a vague general intention.
- Apply this adjustment: define the situation, roles, field and success measure
- Which decision from the scenario should change the next real attempt?
- Expose this outcome risk if it appears: hidden rules appear during the run.
- 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-20-01-08 pairs skill fundamentals guide with the outcome 'Plan a Match Scenario'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Planning x Scenario and Facilitation Focused Practice Lab

This lab pairs a planning method with a scenario and facilitation outcome lens. Work through the six actions to turn the subject focus - produce an accurate, safe return through footwork, alignment and suitable effort - into evidence for plan a match scenario. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Clarify / Frame shoulder alignment	Which evidence separates release from target in this case? Frame a bounded scenario with a clear success measure.	Scope note / Scenario brief
2	Bound / Assign release	How does recovery change the interpretation of pickup setup? Assign roles, resources and stop conditions.	Baseline / Role map
3	Baseline / Run target	What boundary on crow hop must be checked before relying on shoulder alignment? Run the scenario without adding hidden rules.	Priority / Scenario run
4	Sequence / Capture recovery	Which observation links target to crow hop, and what remains uncertain? Capture decisions, timing and exceptions.	Plan / Event record
5	Assign / Debrief pickup setup	What alternative explanation could account for both pickup setup and release? Debrief actions with evidence and balanced participation.	Risk note / Debrief
6	Schedule / Transfer crow hop	What next check on shoulder alignment would make the record about recovery more useful? Transfer the learning into the next owned action.	Owner / date / Transfer plan

Common Failure Modes

- For shoulder alignment, watch for the purpose is unclear together with the scenario lacks a boundary.
- For release, watch for the scope is too wide together with roles or stop conditions are unclear.
- For target, watch for two priorities conflict together with hidden rules appear during the run.
- For recovery, watch for the owner is unavailable together with only the final result is captured.
- For pickup setup, watch for a dependency fails together with the debrief becomes blame.

Independent Review Question

Format question: Which planning assumption most affected the result, and why? Outcome question: Which decision from the scenario should change the next real attempt? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Plan a Match Scenario

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs planning with scenario and facilitation to pursue this objective: turn scoreboard and resources into a bounded tactical plan. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Plan a Match Scenario
Starting condition	_____
Chosen working area	_____
Event record	define the situation, roles, field and success measure
Evidence to capture	_____
Stop or review condition	_____

Thirty Minute Practice Shape

Stage	Action	Evidence
0-5 min	Which evidence separates release from target in this case? Confirm the purpose and scope.	Scope note / Scenario brief
5-10 min	How does recovery change the interpretation of pickup setup? Record the starting state.	Baseline / Role map
10-18 min	What boundary on crow hop must be checked before relying on shoulder alignment? Choose the highest-value priority.	Priority / Scenario run
18-24 min	Which observation links target to crow hop, and what remains uncertain? Set the action sequence and decision rule.	Plan / Event record
24-27 min	What alternative explanation could account for both pickup setup and release? Challenge one dependency or risk.	Risk note / Debrief
27-30 min	What next check on shoulder alignment would make the record about recovery more useful? Assign the next review and owner.	Owner / date / Transfer plan

Checkpoint Log

Checkpoint	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

Plan Versus Actual Review - Scenario and Facilitation Lens

This comparison tests throwing against plan a match scenario through two independent questions. Format: Which planning assumption most affected the result, and why? Outcome: Which decision from the scenario should change the next real attempt? Record material setting differences instead of averaging them away.

Evidence area	Baseline	Alternative	Interpretation prompt
Crow Hop	_____	_____	Which evidence separates release from target in this case?
Shoulder Alignment	_____	_____	How does recovery change the interpretation of pickup setup?
Release	_____	_____	What boundary on crow hop must be checked before relying on shoulder alignment?
Target	_____	_____	Which observation links target to crow hop, and what remains uncertain?
Recovery	_____	_____	What alternative explanation could account for both pickup setup and release?
Pickup Setup	_____	_____	What next check on shoulder alignment would make the record about recovery more useful?

Format Decision Test

Field	Record
Review question	Which planning assumption most affected the result, and why?
Outcome question	Which decision from the scenario should change the next real attempt?
Acceptance lens	run and review the scenario with a reason for each adjustment
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Planning Confidence Check

- Scenario brief: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates owners assigned?
- Outcome evidence: which record best demonstrates runs completed?
- Challenge: could roles or stop conditions are unclear explain the result?
- Subject boundary: what does this comparison leave unresolved about release?

Planning x Scenario and Facilitation Scenario Cards

Use these paired scenarios to rehearse judgement for plan a match scenario. Each card joins a planning 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	Release: two priorities conflict.	Which evidence separates release from target in this case?	Scenario brief
2	Target: the owner is unavailable.	How does recovery change the interpretation of pickup setup?	Role map
3	Recovery: a dependency fails.	What boundary on crow hop must be checked before relying on shoulder alignment?	Scenario run
4	Pickup Setup: the success measure is vague.	Which observation links target to crow hop, and what remains uncertain?	Event record
5	Crow Hop: the purpose is unclear.	What alternative explanation could account for both pickup setup and release?	Debrief
6	Shoulder Alignment: the scope is too wide.	What next check on shoulder alignment would make the record about recovery more useful?	Transfer plan

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Which decision from the scenario should change the next real attempt?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Planning and Scenario and Facilitation Evidence Tracker

Track plan a match scenario across eight practice blocks using the planning method and the scenario and facilitation outcome lens. Keep conditions visible and use this review question: Which decision from the scenario should change the next real attempt?

#	Focus	Condition	Result	Next action
1	Shoulder Alignment	_____	_____	_____
2	Release	_____	_____	_____
3	Target	_____	_____	_____
4	Recovery	_____	_____	_____
5	Pickup Setup	_____	_____	_____
6	Crow Hop	_____	_____	_____
7	Shoulder Alignment	_____	_____	_____
8	Release	_____	_____	_____

Planning Evidence Dashboard

Measure	Baseline	Current	Evidence location
Pickup Setup: Scope Decisions Settled / Scenarios Framed	_____	_____	_____
Crow Hop: Priorities Ranked / Roles Assigned	_____	_____	_____
Shoulder Alignment: Owners Assigned / Runs Completed	_____	_____	_____
Release: Dates Recorded / Events Captured	_____	_____	_____
Target: Risks Reviewed / Debriefs Evidenced	_____	_____	_____
Recovery: Actions Completed / Learning Transferred	_____	_____	_____

Interpret the Trend

- I kept the scenario rules and success measure visible throughout the run.
- I converted the debrief into a specific action with an owner.
- Keep the method only when the evidence for plan a match scenario improves without hiding roles or stop conditions are unclear.
- What boundary on crow hop must be checked before relying on shoulder alignment?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Planning x Scenario and Facilitation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this skill fundamentals guide, the intended result was plan a match scenario; the outcome test is: Which decision from the scenario should change the next real attempt? The close-out standard remains: run and review the scenario with a reason for each adjustment.

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 release from target in this case?
- Subject check: How does recovery change the interpretation of pickup setup?
- Format check: I confirmed the scope, owner and review date.
- Outcome check: I kept the scenario rules and success measure visible throughout the run.
- 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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