

Throwing Decision Making Workbook - Increase Accuracy

Throwing | Increase Accuracy | Asset ID CRIC-20-04-03

Purpose: This original printable decision making workbook helps players, coaches, clubs, schools and families work with throwing while pursuing one defined outcome: direct the ball toward a useful target with stable mechanics. 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 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	_____

Precision Starting Brief

- Define: Which evidence separates crow hop from shoulder alignment in this case? Define the target so two people would recognise the same result.
- Align: How does release change the interpretation of target? Align the units, conditions and acceptance rule.
- Attempt: What boundary on recovery must be checked before relying on pickup setup? Attempt the task without moving the standard.
- Capture: Which observation links shoulder alignment to recovery, and what remains uncertain? Capture misses as carefully as successes.
- Refine: What alternative explanation could account for both target and crow hop? Refine one source of avoidable variation.
- Edition success means: improve the share of attempts reaching the target area

Decision Making Workbook

This format is designed to improve choices by linking ball, field and match information. For throwing, apply the method in a deliberate sequence: read the situation, name options, choose and review the consequence. The edition target is increase accuracy, so each entry should show what was noticed, what was tried and what changed.

Working step	What to record	Evidence or source	Status
Define Crow Hop	Which evidence separates crow hop from shoulder alignment in this case?	Target definition / date	Open / checked
Align Shoulder Alignment	How does release change the interpretation of target?	Test setup / date	Open / checked
Attempt Release	What boundary on recovery must be checked before relying on pickup setup?	Observed attempt / date	Open / checked
Capture Target	Which observation links shoulder alignment to recovery, and what remains uncertain?	Error record / date	Open / checked
Refine Recovery	What alternative explanation could account for both target and crow hop?	Precision change / date	Open / checked
Repeat Pickup Setup	What next check on pickup setup would make the record about release more useful?	Repeatability check / date	Open / checked

Completion Standard

- Keep the work tied to throwing, not to a vague general intention.
- Apply this adjustment: reduce effort, mark the target and count every attempt
- Can the claimed improvement be repeated under the stated conditions?
- Expose this outcome risk if it appears: the standard moves after the attempt.
- 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-20-04-03 pairs decision making workbook with the outcome 'Increase Accuracy'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Analysis x Precision Focused Practice Lab

This lab pairs a analysis method with a precision 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 increase accuracy. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Question / Define release	Which evidence separates crow hop from shoulder alignment in this case? Define the target so two people would recognise the same result.	Question / Target definition
2	Measure / Align target	How does release change the interpretation of target? Align the units, conditions and acceptance rule.	Baseline / Test setup
3	Analyse / Attempt recovery	What boundary on recovery must be checked before relying on pickup setup? Attempt the task without moving the standard.	Pattern / Observed attempt
4	Contrast / Capture pickup setup	Which observation links shoulder alignment to recovery, and what remains uncertain? Capture misses as carefully as successes.	Alternative / Error record
5	Stress-test / Refine crow hop	What alternative explanation could account for both target and crow hop? Refine one source of avoidable variation.	Stress test / Precision change
6	Qualify / Repeat shoulder alignment	What next check on pickup setup would make the record about release more useful? Repeat under comparable conditions.	Decision / Repeatability check

Common Failure Modes

- For release, watch for the question is too broad together with the target is subjective.
- For target, watch for the baseline is not comparable together with units or conditions do not align.
- For recovery, watch for one result is an outlier together with the standard moves after the attempt.
- For pickup setup, watch for correlation is mistaken for cause together with misses are omitted.
- For crow hop, watch for the alternative fits equally well together with the refinement changes several variables.

Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? Outcome question: Can the claimed improvement be repeated under the stated conditions? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Increase Accuracy

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs analysis with precision to pursue this objective: direct the ball toward a useful target with stable mechanics. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Increase Accuracy
Starting condition	_____
Chosen working area	_____
Error record	reduce effort, mark the target and count every attempt
Evidence to capture	_____
Stop or review condition	_____

Thirty Minute Practice Shape

Stage	Action	Evidence
0-5 min	Which evidence separates crow hop from shoulder alignment in this case? Define the exact analytical question.	Question / Target definition
5-10 min	How does release change the interpretation of target? Capture a comparable baseline.	Baseline / Test setup
10-18 min	What boundary on recovery must be checked before relying on pickup setup? Examine the strongest pattern.	Pattern / Observed attempt
18-24 min	Which observation links shoulder alignment to recovery, and what remains uncertain? Test an alternative explanation.	Alternative / Error record
24-27 min	What alternative explanation could account for both target and crow hop? Check the result under one changed condition.	Stress test / Precision change
27-30 min	What next check on pickup setup would make the record about release more useful? State a bounded conclusion.	Decision / Repeatability 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 - Precision Lens

This comparison tests throwing against increase accuracy through two independent questions. Format: Which alternative explanation best challenges the current conclusion? Outcome: Can the claimed improvement be repeated under the stated conditions? Record material setting differences instead of averaging them away.

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

Format Decision Test

Field	Record
Review question	Which alternative explanation best challenges the current conclusion?
Outcome question	Can the claimed improvement be repeated under the stated conditions?
Acceptance lens	improve the share of attempts reaching the target area
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Analysis Confidence Check

- Target definition: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates alternatives considered?
- Outcome evidence: which record best demonstrates attempts completed?
- Challenge: could the refinement changes several variables explain the result?
- Subject boundary: what does this comparison leave unresolved about crow hop?

Analysis x Precision Scenario Cards

Use these paired scenarios to rehearse judgement for increase accuracy. 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	Crow Hop: correlation is mistaken for cause.	Which evidence separates crow hop from shoulder alignment in this case?	Target definition
2	Shoulder Alignment: the alternative fits equally well.	How does release change the interpretation of target?	Test setup
3	Release: the conclusion overreaches.	What boundary on recovery must be checked before relying on pickup setup?	Observed attempt
4	Target: the question is too broad.	Which observation links shoulder alignment to recovery, and what remains uncertain?	Error record
5	Recovery: the baseline is not comparable.	What alternative explanation could account for both target and crow hop?	Precision change
6	Pickup Setup: one result is an outlier.	What next check on pickup setup would make the record about release more useful?	Repeatability check

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Can the claimed improvement be repeated under the stated conditions?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Analysis and Precision Evidence Tracker

Track increase accuracy across eight practice blocks using the analysis method and the precision outcome lens. Keep conditions visible and use this review question: Can the claimed improvement be repeated under the stated conditions?

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

Analysis Evidence Dashboard

Measure	Baseline	Current	Evidence location
Pickup Setup: Questions Bounded / Targets Defined	_____	_____	_____
Crow Hop: Baselines Captured / Conditions Aligned	_____	_____	_____
Shoulder Alignment: Patterns Tested / Attempts Completed	_____	_____	_____
Release: Alternatives Considered / Misses Captured	_____	_____	_____
Target: Limitations Stated / Variations Reduced	_____	_____	_____
Recovery: Conclusions Qualified / Repeatable Results Recorded	_____	_____	_____

Interpret the Trend

- I defined the target before observing the result.
- I counted misses, skips and uncertain results as well as successes.
- Keep the method only when the evidence for increase accuracy improves without hiding the refinement changes several variables.
- Which observation links shoulder alignment to recovery, and what remains uncertain?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Analysis x Precision 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 increase accuracy; the outcome test is: Can the claimed improvement be repeated under the stated conditions? The close-out standard remains: improve the share of attempts reaching the target area.

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 crow hop from shoulder alignment in this case?
- Subject check: How does release change the interpretation of target?
- Format check: I tested at least one credible alternative explanation.
- Outcome check: I defined the target before observing the result.
- 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.

Originality and Responsible Use

Original independent resource. This general practice, observation and review aid was written specifically for asset CRIC-20-04-03. It does not reproduce a book passage, manual, official form, commercial question bank, branded training plan, broadcast, photograph, logo, artwork, map, proprietary diagram or third-party worksheet. Any user-added quotation, image, question or source material remains the user's responsibility and may require attribution or permission.

Educational use only. Verify current facts, rules, competition requirements, local regulations, health and safety conditions with authoritative sources and a suitably qualified person where consequences matter. This workbook does not grant approval, certification, legal rights or permission to use third-party material.