

# Throwing Decision Making Workbook - Review Performance

Throwing | Review Performance | Asset ID CRIC-20-04-10

**Purpose:** This original printable decision making workbook helps players, coaches, clubs, schools and families work with throwing 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 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 | _____      |

## Learning and Adaptation Starting Brief

- Gather: Which evidence separates shoulder alignment from release in this case? Gather enough records to review the work fairly.
- Align: How does target change the interpretation of recovery? Align dates, conditions and measures before comparison.
- Detect: What boundary on pickup setup must be checked before relying on crow hop? Detect a repeated strength, gap or turning point.
- Explain: Which observation links release to pickup setup, and what remains uncertain? Explain the pattern without hiding contradictory evidence.
- Prioritise: What alternative explanation could account for both recovery and shoulder 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 throwing, 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 Shoulder Alignment | Which evidence separates shoulder alignment from release in this case?               | Review set / date          | Open / checked |
| Align Release             | How does target change the interpretation of recovery?                               | Comparable record / date   | Open / checked |
| Detect Target             | What boundary on pickup setup must be checked before relying on crow hop?            | Learning pattern / date    | Open / checked |
| Explain Recovery          | Which observation links release to pickup setup, and what remains uncertain?         | Bounded explanation / date | Open / checked |
| Prioritise Pickup Setup   | What alternative explanation could account for both recovery and shoulder alignment? | Next priority / date       | Open / checked |
| Schedule Crow Hop         | What next check on crow hop would make the record about target more useful?          | Review date / date         | Open / checked |

### Completion Standard

- Keep the work tied to throwing, 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: noise is mistaken for a pattern.
- 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-20-04-10 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 - produce an accurate, safe return through footwork, alignment and suitable effort - into evidence for review performance. Preserve any gap that prevents a supported conclusion.

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

### Common Failure Modes

- For target, watch for the question is too broad together with the review set is selective.
- For recovery, watch for the baseline is not comparable together with unlike records are compared.
- For pickup setup, watch for one result is an outlier together with noise is mistaken for a pattern.
- For crow hop, watch for correlation is mistaken for cause together with contradictory evidence is omitted.
- For shoulder 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 shoulder alignment from release in this case? Define the exact analytical question.                       | Question / Review set             |
| 5-10 min  | How does target change the interpretation of recovery? Capture a comparable baseline.                                              | Baseline / Comparable record      |
| 10-18 min | What boundary on pickup setup must be checked before relying on crow hop? Examine the strongest pattern.                           | Pattern / Learning pattern        |
| 18-24 min | Which observation links release to pickup setup, and what remains uncertain? Test an alternative explanation.                      | Alternative / Bounded explanation |
| 24-27 min | What alternative explanation could account for both recovery and shoulder alignment? Check the result under one changed condition. | Stress test / Next priority       |
| 27-30 min | What next check on crow hop would make the record about target 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 throwing 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                                                                |
|--------------------|----------|-------------|--------------------------------------------------------------------------------------|
| Target             | _____    | _____       | Which evidence separates shoulder alignment from release in this case?               |
| Recovery           | _____    | _____       | How does target change the interpretation of recovery?                               |
| Pickup Setup       | _____    | _____       | What boundary on pickup setup must be checked before relying on crow hop?            |
| Crow Hop           | _____    | _____       | Which observation links release to pickup setup, and what remains uncertain?         |
| Shoulder Alignment | _____    | _____       | What alternative explanation could account for both recovery and shoulder alignment? |
| Release            | _____    | _____       | What next check on crow hop would make the record about target 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 patterns detected?
- Challenge: could too many adjustments be prioritised explain the result?
- Subject boundary: what does this comparison leave unresolved about shoulder 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 | Shoulder Alignment: the alternative fits equally well. | Which evidence separates shoulder alignment from release in this case?               | Review set          |
| 2 | Release: the conclusion overreaches.                   | How does target change the interpretation of recovery?                               | Comparable record   |
| 3 | Target: the question is too broad.                     | What boundary on pickup setup must be checked before relying on crow hop?            | Learning pattern    |
| 4 | Recovery: the baseline is not comparable.              | Which observation links release to pickup setup, and what remains uncertain?         | Bounded explanation |
| 5 | Pickup Setup: one result is an outlier.                | What alternative explanation could account for both recovery and shoulder alignment? | Next priority       |
| 6 | Crow Hop: correlation is mistaken for cause.           | What next check on crow hop would make the record about target 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 | 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 / Records Gathered        | _____    | _____   | _____             |
| Crow Hop: Baselines Captured / Conditions Aligned         | _____    | _____   | _____             |
| Shoulder Alignment: Patterns Tested / Patterns Detected   | _____    | _____   | _____             |
| Release: Alternatives Considered / Explanations Qualified | _____    | _____   | _____             |
| Target: Limitations Stated / Adjustments Prioritised      | _____    | _____   | _____             |
| Recovery: 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 recovery and shoulder 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 shoulder alignment from release in this case?
- Subject check: How does target change the interpretation of recovery?
- Format check: I tested at least one credible alternative explanation.
- Outcome check: I included evidence that challenged the most convenient explanation.
- 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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