

Throwing Drill Progress Tracker - Increase Accuracy

Throwing | Increase Accuracy | Asset ID CRIC-20-05-03

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

Drill Progress Tracker

This format is designed to measure consistency across sessions instead of chasing one best attempt. For throwing, apply the method in a deliberate sequence: set a baseline, repeat a defined drill and compare like with like. 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 Shoulder Alignment	Which evidence separates shoulder alignment from release in this case?	Target definition / date	Open / checked
Align Release	How does target change the interpretation of recovery?	Test setup / date	Open / checked
Attempt Target	What boundary on pickup setup must be checked before relying on crow hop?	Observed attempt / date	Open / checked
Capture Recovery	Which observation links release to pickup setup, and what remains uncertain?	Error record / date	Open / checked
Refine Pickup Setup	What alternative explanation could account for both recovery and shoulder alignment?	Precision change / date	Open / checked
Repeat Crow Hop	What next check on crow hop would make the record about target 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-20-05-03 pairs drill progress tracker 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.

Quality Control x Precision Focused Practice Lab

This lab pairs a quality control 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	Define / Define release	Which evidence separates shoulder alignment from release in this case? Define the target so two people would recognise the same result.	Standard / Target definition
2	Inspect / Align target	How does target change the interpretation of recovery? Align the units, conditions and acceptance rule.	Finding / Test setup
3	Flag / Attempt recovery	What boundary on pickup setup must be checked before relying on crow hop? Attempt the task without moving the standard.	Exception / Observed attempt
4	Correct / Capture pickup setup	Which observation links release to pickup setup, and what remains uncertain? Capture misses as carefully as successes.	Correction / Error record
5	Recheck / Refine crow hop	What alternative explanation could account for both recovery and shoulder alignment? Refine one source of avoidable variation.	Recheck / Precision change
6	Release / Repeat shoulder alignment	What next check on crow hop would make the record about target more useful? Repeat under comparable conditions.	Disposition / Repeatability check

Common Failure Modes

- For release, watch for the standard is undefined together with the target is subjective.
- For target, watch for inspection evidence is missing together with units or conditions do not align.
- For recovery, watch for the gap affects several areas together with the standard moves after the attempt.
- For pickup setup, watch for the correction changes scope together with misses are omitted.
- For crow hop, watch for the recheck uses different criteria together with the refinement changes several variables.

Independent Review Question

Format question: Did the correction resolve the defined gap without creating another one? 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 quality control 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 shoulder alignment from release in this case? Define the acceptance standard.	Standard / Target definition
5-10 min	How does target change the interpretation of recovery? Inspect against the same criteria.	Finding / Test setup
10-18 min	What boundary on pickup setup must be checked before relying on crow hop? Classify the gap and its consequence.	Exception / Observed attempt
18-24 min	Which observation links release to pickup setup, and what remains uncertain? Apply one controlled correction.	Correction / Error record
24-27 min	What alternative explanation could account for both recovery and shoulder alignment? Repeat the original check.	Recheck / Precision change
27-30 min	What next check on crow hop would make the record about target more useful? Release, hold or escalate with a reason.	Disposition / Repeatability check

Quality Check Log

Quality Check	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

Before and After Quality Check - Precision Lens

This comparison tests throwing against increase accuracy through two independent questions. Format: Did the correction resolve the defined gap without creating another one? 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
Recovery	_____	_____	Which evidence separates shoulder alignment from release in this case?
Pickup Setup	_____	_____	How does target change the interpretation of recovery?
Crow Hop	_____	_____	What boundary on pickup setup must be checked before relying on crow hop?
Shoulder Alignment	_____	_____	Which observation links release to pickup setup, and what remains uncertain?
Release	_____	_____	What alternative explanation could account for both recovery and shoulder alignment?
Target	_____	_____	What next check on crow hop would make the record about target more useful?

Format Decision Test

Field	Record
Review question	Did the correction resolve the defined gap without creating another one?
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	_____

Quality Control Confidence Check

- Target definition: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates corrections completed?
- Outcome evidence: which record best demonstrates attempts completed?
- Challenge: could the repeat is not comparable explain the result?
- Subject boundary: what does this comparison leave unresolved about shoulder alignment?

Quality Control x Precision Scenario Cards

Use these paired scenarios to rehearse judgement for increase accuracy. Each card joins a quality control 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 correction changes scope.	Which evidence separates shoulder alignment from release in this case?	Target definition
2	Release: the recheck uses different criteria.	How does target change the interpretation of recovery?	Test setup
3	Target: release authority is unclear.	What boundary on pickup setup must be checked before relying on crow hop?	Observed attempt
4	Recovery: the standard is undefined.	Which observation links release to pickup setup, and what remains uncertain?	Error record
5	Pickup Setup: inspection evidence is missing.	What alternative explanation could account for both recovery and shoulder alignment?	Precision change
6	Crow Hop: the gap affects several areas.	What next check on crow hop would make the record about target 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 Quality Control and Precision Evidence Tracker

Track increase accuracy across eight practice blocks using the quality control 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	Pickup Setup	_____	_____	_____
2	Crow Hop	_____	_____	_____
3	Shoulder Alignment	_____	_____	_____
4	Release	_____	_____	_____
5	Target	_____	_____	_____
6	Recovery	_____	_____	_____
7	Pickup Setup	_____	_____	_____
8	Crow Hop	_____	_____	_____

Quality Control Evidence Dashboard

Measure	Baseline	Current	Evidence location
Pickup Setup: Standards Defined / Targets Defined	_____	_____	_____
Crow Hop: Items Inspected / Conditions Aligned	_____	_____	_____
Shoulder Alignment: Gaps Classified / Attempts Completed	_____	_____	_____
Release: Corrections Completed / Misses Captured	_____	_____	_____
Target: Rechecks Passed / Variations Reduced	_____	_____	_____
Recovery: Holds Explained / 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 repeat is not comparable.
- Which observation links release to pickup setup, and what remains uncertain?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Quality Control x Precision Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this drill progress tracker, 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 shoulder alignment from release in this case?
- Subject check: How does target change the interpretation of recovery?
- Format check: I used the same acceptance criteria before and after correction.
- 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-20-05-03. 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.