

# Training Readiness and Review Practice Session Planner - Review Performance

Training Readiness and Review | Review Performance | Asset ID CRIC-25-02-10

**Purpose:** This original printable practice session planner helps players, coaches, clubs, schools and families work with training readiness and review while pursuing one defined outcome: convert notes and results into one practical next step. Its method is to prepare, practise in blocks, record evidence and cool down. 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 plan progressive practice with warm-up, workload and discomfort checks. 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 | Session Goal           | Known / estimated / not checked | _____      |
| 2 | Warm-Up                | Known / estimated / not checked | _____      |
| 3 | Drill Load             | Known / estimated / not checked | _____      |
| 4 | Rest                   | Known / estimated / not checked | _____      |
| 5 | Pain Or Fatigue Signal | Known / estimated / not checked | _____      |
| 6 | Post-Session Note      | Known / estimated / not checked | _____      |

## Learning and Adaptation Starting Brief

- Gather: Which evidence separates session goal from warm-up in this case? Gather enough records to review the work fairly.
- Align: How does drill load change the interpretation of rest? Align dates, conditions and measures before comparison.
- Detect: What boundary on pain or fatigue signal must be checked before relying on post-session note? Detect a repeated strength, gap or turning point.
- Explain: Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Explain the pattern without hiding contradictory evidence.
- Prioritise: What alternative explanation could account for both rest and session goal? Prioritise one adjustment with the highest useful value.
- Edition success means: choose a small next target supported by the session record

## Practice Session Planner

This format is designed to organise warm-up, focused drills, rest and review around one goal. For training readiness and review, apply the method in a deliberate sequence: prepare, practise in blocks, record evidence and cool down. 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 Session Goal               | Which evidence separates session goal from warm-up in this case?                             | Review set / date          | Open / checked |
| Align Warm-Up                     | How does drill load change the interpretation of rest?                                       | Comparable record / date   | Open / checked |
| Detect Drill Load                 | What boundary on pain or fatigue signal must be checked before relying on post-session note? | Learning pattern / date    | Open / checked |
| Explain Rest                      | Which observation links warm-up to pain or fatigue signal, and what remains uncertain?       | Bounded explanation / date | Open / checked |
| Prioritise Pain Or Fatigue Signal | What alternative explanation could account for both rest and session goal?                   | Next priority / date       | Open / checked |
| Schedule Post-Session Note        | What next check on post-session note would make the record about drill load more useful?     | Review date / date         | Open / checked |

### Completion Standard

- Keep the work tied to training readiness and review, 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: unlike records are compared.
- 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-25-02-10 pairs practice session planner 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.

## Evidence x Learning and Adaptation Focused Practice Lab

This lab pairs a evidence method with a learning and adaptation outcome lens. Work through the six actions to turn the subject focus - plan progressive practice with warm-up, workload and discomfort checks - into evidence for review performance. Preserve any gap that prevents a supported conclusion.

| # | Action                                  | Constraint                                                                                                                                        | Record                             |
|---|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| 1 | Collect / Gather pain or fatigue signal | Which evidence separates session goal from warm-up in this case? Gather enough records to review the work fairly.                                 | Evidence list / Review set         |
| 2 | Classify / Align post-session note      | How does drill load change the interpretation of rest? Align dates, conditions and measures before comparison.                                    | Source / Comparable record         |
| 3 | Trace / Detect session goal             | What boundary on pain or fatigue signal must be checked before relying on post-session note? Detect a repeated strength, gap or turning point.    | Trace / Learning pattern           |
| 4 | Verify / Explain warm-up                | Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Explain the pattern without hiding contradictory evidence. | Verification / Bounded explanation |
| 5 | Reconcile / Prioritise drill load       | What alternative explanation could account for both rest and session goal? Prioritise one adjustment with the highest useful value.               | Exception / Next priority          |
| 6 | Approve / Schedule rest                 | What next check on post-session note would make the record about drill load more useful? Schedule the next check and preserve the review trail.   | Sign-off / Review date             |

### Common Failure Modes

- For pain or fatigue signal, watch for the source has no date together with the review set is selective.
- For post-session note, watch for the evidence is second-hand together with unlike records are compared.
- For session goal, watch for two records disagree together with noise is mistaken for a pattern.
- For warm-up, watch for a value lacks units together with contradictory evidence is omitted.
- For drill load, watch for the context has changed together with too many adjustments are prioritised.

### Independent Review Question

Format question: Which source is strongest for this decision, and what limitation remains? 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 evidence 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 session goal from warm-up in this case? Identify the evidence required.                                | Evidence list / Review set         |
| 5-10 min  | How does drill load change the interpretation of rest? Collect one traceable record.                                            | Source / Comparable record         |
| 10-18 min | What boundary on pain or fatigue signal must be checked before relying on post-session note? Label its date, owner and context. | Trace / Learning pattern           |
| 18-24 min | Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Cross-check the material independently.  | Verification / Bounded explanation |
| 24-27 min | What alternative explanation could account for both rest and session goal? Resolve or expose one gap.                           | Exception / Next priority          |
| 27-30 min | What next check on post-session note would make the record about drill load more useful? Record the supported conclusion.       | Sign-off / Review date             |

### Evidence Record Log

| Evidence Record | 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 |

## Source and Evidence Reconciliation - Learning and Adaptation Lens

This comparison tests training readiness and review against review performance through two independent questions. Format: Which source is strongest for this decision, and what limitation remains? 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                                                                        |
|------------------------|----------|-------------|----------------------------------------------------------------------------------------------|
| Drill Load             | _____    | _____       | Which evidence separates session goal from warm-up in this case?                             |
| Rest                   | _____    | _____       | How does drill load change the interpretation of rest?                                       |
| Pain Or Fatigue Signal | _____    | _____       | What boundary on pain or fatigue signal must be checked before relying on post-session note? |
| Post-Session Note      | _____    | _____       | Which observation links warm-up to pain or fatigue signal, and what remains uncertain?       |
| Session Goal           | _____    | _____       | What alternative explanation could account for both rest and session goal?                   |
| Warm-Up                | _____    | _____       | What next check on post-session note would make the record about drill load more useful?     |

### Format Decision Test

| Field                          | Record                                                                    |
|--------------------------------|---------------------------------------------------------------------------|
| Review question                | Which source is strongest for this decision, and what limitation remains? |
| 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    | _____                                                                     |

### Evidence Confidence Check

- Review set: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates exceptions resolved?
- Outcome evidence: which record best demonstrates conditions aligned?
- Challenge: could noise is mistaken for a pattern explain the result?
- Subject boundary: what does this comparison leave unresolved about session goal?

## Evidence x Learning and Adaptation Scenario Cards

Use these paired scenarios to rehearse judgement for review performance. Each card joins a evidence 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 | Session Goal: the context has changed.        | Which evidence separates session goal from warm-up in this case?                             | Review set          |
| 2 | Warm-Up: approval is missing.                 | How does drill load change the interpretation of rest?                                       | Comparable record   |
| 3 | Drill Load: the source has no date.           | What boundary on pain or fatigue signal must be checked before relying on post-session note? | Learning pattern    |
| 4 | Rest: the evidence is second-hand.            | Which observation links warm-up to pain or fatigue signal, and what remains uncertain?       | Bounded explanation |
| 5 | Pain Or Fatigue Signal: two records disagree. | What alternative explanation could account for both rest and session goal?                   | Next priority       |
| 6 | Post-Session Note: a value lacks units.       | What next check on post-session note would make the record about drill load 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 Evidence and Learning and Adaptation Evidence Tracker

Track review performance across eight practice blocks using the evidence 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 | Rest                   | _____     | _____  | _____       |
| 2 | Pain Or Fatigue Signal | _____     | _____  | _____       |
| 3 | Post-Session Note      | _____     | _____  | _____       |
| 4 | Session Goal           | _____     | _____  | _____       |
| 5 | Warm-Up                | _____     | _____  | _____       |
| 6 | Drill Load             | _____     | _____  | _____       |
| 7 | Rest                   | _____     | _____  | _____       |
| 8 | Pain Or Fatigue Signal | _____     | _____  | _____       |

### Evidence Evidence Dashboard

| Measure                                                               | Baseline | Current | Evidence location |
|-----------------------------------------------------------------------|----------|---------|-------------------|
| Session Goal: Sources Identified / Records Gathered                   | _____    | _____   | _____             |
| Warm-Up: Dates Captured / Conditions Aligned                          | _____    | _____   | _____             |
| Drill Load: Records Traced / Patterns Detected                        | _____    | _____   | _____             |
| Rest: Cross-Checks Completed / Explanations Qualified                 | _____    | _____   | _____             |
| Pain Or Fatigue Signal: Exceptions Resolved / Adjustments Prioritised | _____    | _____   | _____             |
| Post-Session Note: Conclusions Supported / 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 noise is mistaken for a pattern.
- What alternative explanation could account for both rest and session goal?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Evidence x Learning and Adaptation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this practice session planner, 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 session goal from warm-up in this case?
- Subject check: How does drill load change the interpretation of rest?
- Format check: I left disputed or missing evidence visibly unresolved.
- Outcome check: I selected one next adjustment and scheduled when it will be reviewed.
- 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

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