

# Training Readiness and Review Decision Making Workbook - Build a Reliable Baseline

Training Readiness and Review | Build a Reliable Baseline | Asset ID CRIC-25-04-01

**Purpose:** This original printable decision making workbook helps players, coaches, clubs, schools and families work with training readiness and review while pursuing one defined outcome: understand the current skill before changing technique. 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 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 | _____      |

## Foundation Starting Brief

- Survey: Which evidence separates post-session note from session goal in this case? Survey the present state before setting a target.
- Select: How does warm-up change the interpretation of drill load? Select the smallest useful starting point.
- Bound: What boundary on rest must be checked before relying on pain or fatigue signal? Bound the work by time, scope and available support.
- Prepare: Which observation links session goal to rest, and what remains uncertain? Prepare the materials, conditions and owner.
- Begin: What alternative explanation could account for both drill load and post-session note? Begin with one observable action.
- Edition success means: record several comparable attempts and a clear starting measure

## Decision Making Workbook

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

| Working step                   | What to record                                                                             | Evidence or source      | Status         |
|--------------------------------|--------------------------------------------------------------------------------------------|-------------------------|----------------|
| Survey Post-Session Note       | Which evidence separates post-session note from session goal in this case?                 | Starting view / date    | Open / checked |
| Select Session Goal            | How does warm-up change the interpretation of drill load?                                  | First priority / date   | Open / checked |
| Bound Warm-Up                  | What boundary on rest must be checked before relying on pain or fatigue signal?            | Boundary / date         | Open / checked |
| Prepare Drill Load             | Which observation links session goal to rest, and what remains uncertain?                  | Readiness / date        | Open / checked |
| Begin Rest                     | What alternative explanation could account for both drill load and post-session note?      | First result / date     | Open / checked |
| Confirm Pain Or Fatigue Signal | What next check on pain or fatigue signal would make the record about warm-up more useful? | Foundation check / date | Open / checked |

### Completion Standard

- Keep the work tied to training readiness and review, not to a vague general intention.
- Apply this adjustment: use one repeatable drill at comfortable intensity
- Is the foundation small, clear and evidenced enough to continue?
- Expose this outcome risk if it appears: the first target is too large.
- 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-25-04-01 pairs decision making workbook with the outcome 'Build a Reliable Baseline'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

## Analysis x Foundation Focused Practice Lab

This lab pairs a analysis method with a foundation 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 build a reliable baseline. Preserve any gap that prevents a supported conclusion.

| # | Action                                    | Constraint                                                                                                                           | Record                      |
|---|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| 1 | Question / Survey warm-up                 | Which evidence separates post-session note from session goal in this case? Survey the present state before setting a target.         | Question / Starting view    |
| 2 | Measure / Select drill load               | How does warm-up change the interpretation of drill load? Select the smallest useful starting point.                                 | Baseline / First priority   |
| 3 | Analyse / Bound rest                      | What boundary on rest must be checked before relying on pain or fatigue signal? Bound the work by time, scope and available support. | Pattern / Boundary          |
| 4 | Contrast / Prepare pain or fatigue signal | Which observation links session goal to rest, and what remains uncertain? Prepare the materials, conditions and owner.               | Alternative / Readiness     |
| 5 | Stress-test / Begin post-session note     | What alternative explanation could account for both drill load and post-session note? Begin with one observable action.              | Stress test / First result  |
| 6 | Qualify / Confirm session goal            | What next check on pain or fatigue signal would make the record about warm-up more useful? Confirm what is ready for the next cycle. | Decision / Foundation check |

### Common Failure Modes

- For warm-up, watch for the question is too broad together with the starting state is assumed.
- For drill load, watch for the baseline is not comparable together with the first target is too large.
- For rest, watch for one result is an outlier together with the scope has no boundary.
- For pain or fatigue signal, watch for correlation is mistaken for cause together with required support is missing.
- For post-session note, watch for the alternative fits equally well together with several actions start together.

### Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? Outcome question: Is the foundation small, clear and evidenced enough to continue? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: \_\_\_\_\_

## Cricket Practice Plan for Build a Reliable Baseline

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs analysis with foundation to pursue this objective: understand the current skill before changing technique. Preserve the starting condition and both evidence trails.

| Plan field               | Entry                                             |
|--------------------------|---------------------------------------------------|
| Purpose                  | Build a Reliable Baseline                         |
| Starting condition       | _____                                             |
| Chosen working area      | _____                                             |
| Readiness                | use one repeatable drill at comfortable intensity |
| Evidence to capture      | _____                                             |
| Stop or review condition | _____                                             |

### Thirty Minute Practice Shape

| Stage     | Action                                                                                                                              | Evidence                    |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| 0-5 min   | Which evidence separates post-session note from session goal in this case? Define the exact analytical question.                    | Question / Starting view    |
| 5-10 min  | How does warm-up change the interpretation of drill load? Capture a comparable baseline.                                            | Baseline / First priority   |
| 10-18 min | What boundary on rest must be checked before relying on pain or fatigue signal? Examine the strongest pattern.                      | Pattern / Boundary          |
| 18-24 min | Which observation links session goal to rest, and what remains uncertain? Test an alternative explanation.                          | Alternative / Readiness     |
| 24-27 min | What alternative explanation could account for both drill load and post-session note? Check the result under one changed condition. | Stress test / First result  |
| 27-30 min | What next check on pain or fatigue signal would make the record about warm-up more useful? State a bounded conclusion.              | Decision / Foundation 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 - Foundation Lens

This comparison tests training readiness and review against build a reliable baseline through two independent questions.  
Format: Which alternative explanation best challenges the current conclusion? Outcome: Is the foundation small, clear and evidenced enough to continue? Record material setting differences instead of averaging them away.

| Evidence area          | Baseline | Alternative | Interpretation prompt                                                                      |
|------------------------|----------|-------------|--------------------------------------------------------------------------------------------|
| Pain Or Fatigue Signal | _____    | _____       | Which evidence separates post-session note from session goal in this case?                 |
| Post-Session Note      | _____    | _____       | How does warm-up change the interpretation of drill load?                                  |
| Session Goal           | _____    | _____       | What boundary on rest must be checked before relying on pain or fatigue signal?            |
| Warm-Up                | _____    | _____       | Which observation links session goal to rest, and what remains uncertain?                  |
| Drill Load             | _____    | _____       | What alternative explanation could account for both drill load and post-session note?      |
| Rest                   | _____    | _____       | What next check on pain or fatigue signal would make the record about warm-up more useful? |

### Format Decision Test

| Field                          | Record                                                                |
|--------------------------------|-----------------------------------------------------------------------|
| Review question                | Which alternative explanation best challenges the current conclusion? |
| Outcome question               | Is the foundation small, clear and evidenced enough to continue?      |
| Acceptance lens                | record several comparable attempts and a clear starting measure       |
| Conditions held steady         | _____                                                                 |
| Evidence supporting the choice | _____                                                                 |
| Evidence against the choice    | _____                                                                 |

### Analysis Confidence Check

- Starting view: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates baselines captured?
- Outcome evidence: which record best demonstrates first priority selected?
- Challenge: could several actions start together explain the result?
- Subject boundary: what does this comparison leave unresolved about post-session note?

## Analysis x Foundation Scenario Cards

Use these paired scenarios to rehearse judgement for build a reliable baseline. 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 | Post-Session Note: the baseline is not comparable. | Which evidence separates post-session note from session goal in this case?                 | Starting view    |
| 2 | Session Goal: one result is an outlier.            | How does warm-up change the interpretation of drill load?                                  | First priority   |
| 3 | Warm-Up: correlation is mistaken for cause.        | What boundary on rest must be checked before relying on pain or fatigue signal?            | Boundary         |
| 4 | Drill Load: the alternative fits equally well.     | Which observation links session goal to rest, and what remains uncertain?                  | Readiness        |
| 5 | Rest: the conclusion overreaches.                  | What alternative explanation could account for both drill load and post-session note?      | First result     |
| 6 | Pain Or Fatigue Signal: the question is too broad. | What next check on pain or fatigue signal would make the record about warm-up more useful? | Foundation check |

### Decision Record

| Field                  | Notes                                                            |
|------------------------|------------------------------------------------------------------|
| Chosen format scenario | _____                                                            |
| Outcome lens           | Is the foundation small, clear and evidenced enough to continue? |
| Evidence available     | _____                                                            |
| Evidence missing       | _____                                                            |
| Controlled next step   | _____                                                            |
| Person / review date   | _____                                                            |

## Eight Analysis and Foundation Evidence Tracker

Track build a reliable baseline across eight practice blocks using the analysis method and the foundation outcome lens. Keep conditions visible and use this review question: Is the foundation small, clear and evidenced enough to continue?

| # | Focus                  | Condition | Result | Next action |
|---|------------------------|-----------|--------|-------------|
| 1 | Post-Session Note      | _____     | _____  | _____       |
| 2 | Session Goal           | _____     | _____  | _____       |
| 3 | Warm-Up                | _____     | _____  | _____       |
| 4 | Drill Load             | _____     | _____  | _____       |
| 5 | Rest                   | _____     | _____  | _____       |
| 6 | Pain Or Fatigue Signal | _____     | _____  | _____       |
| 7 | Post-Session Note      | _____     | _____  | _____       |
| 8 | Session Goal           | _____     | _____  | _____       |

### Analysis Evidence Dashboard

| Measure                                                              | Baseline | Current | Evidence location |
|----------------------------------------------------------------------|----------|---------|-------------------|
| Session Goal: Questions Bounded / Starting Conditions Recorded       | _____    | _____   | _____             |
| Warm-Up: Baselines Captured / First Priority Selected                | _____    | _____   | _____             |
| Drill Load: Patterns Tested / Scope Boundaries Stated                | _____    | _____   | _____             |
| Rest: Alternatives Considered / Readiness Items Confirmed            | _____    | _____   | _____             |
| Pain Or Fatigue Signal: Limitations Stated / First Actions Completed | _____    | _____   | _____             |
| Post-Session Note: Conclusions Qualified / Next Cycles Approved      | _____    | _____   | _____             |

### Interpret the Trend

- I recorded a real starting point rather than an idealised one.
- I chose a first step that can be checked before the work expands.
- Keep the method only when the evidence for build a reliable baseline improves without hiding several actions start together.
- How does warm-up change the interpretation of drill load?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

## Analysis x Foundation 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 build a reliable baseline; the outcome test is: Is the foundation small, clear and evidenced enough to continue? The close-out standard remains: record several comparable attempts and a clear starting measure.

| 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 post-session note from session goal in this case?
- Subject check: How does warm-up change the interpretation of drill load?
- Format check: I stated what the analysis does not establish.
- Outcome check: I chose a first step that can be checked before the work expands.
- 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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