

Training Readiness and Review Decision Making Workbook - Plan a Match Scenario

Training Readiness and Review | Plan a Match Scenario | Asset ID CRIC-25-04-08

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: turn scoreboard and resources into a bounded tactical plan. 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	_____

Scenario and Facilitation Starting Brief

- Frame: Which evidence separates session goal from warm-up in this case? Frame a bounded scenario with a clear success measure.
- Assign: How does drill load change the interpretation of rest? Assign roles, resources and stop conditions.
- Run: What boundary on pain or fatigue signal must be checked before relying on post-session note? Run the scenario without adding hidden rules.
- Capture: Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Capture decisions, timing and exceptions.
- Debrief: What alternative explanation could account for both rest and session goal? Debrief actions with evidence and balanced participation.
- Edition success means: run and review the scenario with a reason for each adjustment

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 plan a match scenario, so each entry should show what was noticed, what was tried and what changed.

Working step	What to record	Evidence or source	Status
Frame Session Goal	Which evidence separates session goal from warm-up in this case?	Scenario brief / date	Open / checked
Assign Warm-Up	How does drill load change the interpretation of rest?	Role map / date	Open / checked
Run Drill Load	What boundary on pain or fatigue signal must be checked before relying on post-session note?	Scenario run / date	Open / checked
Capture Rest	Which observation links warm-up to pain or fatigue signal, and what remains uncertain?	Event record / date	Open / checked
Debrief Pain Or Fatigue Signal	What alternative explanation could account for both rest and session goal?	Debrief / date	Open / checked
Transfer Post-Session Note	What next check on post-session note would make the record about drill load more useful?	Transfer plan / date	Open / checked

Completion Standard

- Keep the work tied to training readiness and review, not to a vague general intention.
- Apply this adjustment: define the situation, roles, field and success measure
- Which decision from the scenario should change the next real attempt?
- Expose this outcome risk if it appears: roles or stop conditions are unclear.
- 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-25-04-08 pairs decision making workbook with the outcome 'Plan a Match Scenario'. That pairing is the boundary for this workbook: material that does not help that outcome belongs in a separate record.

Analysis x Scenario and Facilitation Focused Practice Lab

This lab pairs a analysis method with a scenario and facilitation 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 plan a match scenario. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Question / Frame drill load	Which evidence separates session goal from warm-up in this case? Frame a bounded scenario with a clear success measure.	Question / Scenario brief
2	Measure / Assign rest	How does drill load change the interpretation of rest? Assign roles, resources and stop conditions.	Baseline / Role map
3	Analyse / Run pain or fatigue signal	What boundary on pain or fatigue signal must be checked before relying on post-session note? Run the scenario without adding hidden rules.	Pattern / Scenario run
4	Contrast / Capture post-session note	Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Capture decisions, timing and exceptions.	Alternative / Event record
5	Stress-test / Debrief session goal	What alternative explanation could account for both rest and session goal? Debrief actions with evidence and balanced participation.	Stress test / Debrief
6	Qualify / Transfer warm-up	What next check on post-session note would make the record about drill load more useful? Transfer the learning into the next owned action.	Decision / Transfer plan

Common Failure Modes

- For drill load, watch for the question is too broad together with the scenario lacks a boundary.
- For rest, watch for the baseline is not comparable together with roles or stop conditions are unclear.
- For pain or fatigue signal, watch for one result is an outlier together with hidden rules appear during the run.
- For post-session note, watch for correlation is mistaken for cause together with only the final result is captured.
- For session goal, watch for the alternative fits equally well together with the debrief becomes blame.

Independent Review Question

Format question: Which alternative explanation best challenges the current conclusion? Outcome question: Which decision from the scenario should change the next real attempt? Ask a qualified coach, safeguarding lead or health professional where appropriate, then answer before the next practice block: _____

Cricket Practice Plan for Plan a Match Scenario

Use one defined practice block to test the outcome rather than attempting every possible task. This edition pairs analysis with scenario and facilitation to pursue this objective: turn scoreboard and resources into a bounded tactical plan. Preserve the starting condition and both evidence trails.

Plan field	Entry
Purpose	Plan a Match Scenario
Starting condition	_____
Chosen working area	_____
Event record	define the situation, roles, field and success measure
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? Define the exact analytical question.	Question / Scenario brief
5-10 min	How does drill load change the interpretation of rest? Capture a comparable baseline.	Baseline / Role map
10-18 min	What boundary on pain or fatigue signal must be checked before relying on post-session note? Examine the strongest pattern.	Pattern / Scenario run
18-24 min	Which observation links warm-up to pain or fatigue signal, and what remains uncertain? Test an alternative explanation.	Alternative / Event record
24-27 min	What alternative explanation could account for both rest and session goal? Check the result under one changed condition.	Stress test / Debrief
27-30 min	What next check on post-session note would make the record about drill load more useful? State a bounded conclusion.	Decision / Transfer plan

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 - Scenario and Facilitation Lens

This comparison tests training readiness and review against plan a match scenario through two independent questions.
 Format: Which alternative explanation best challenges the current conclusion? Outcome: Which decision from the scenario should change the next real attempt? Record material setting differences instead of averaging them away.

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

Format Decision Test

Field	Record
Review question	Which alternative explanation best challenges the current conclusion?
Outcome question	Which decision from the scenario should change the next real attempt?
Acceptance lens	run and review the scenario with a reason for each adjustment
Conditions held steady	_____
Evidence supporting the choice	_____
Evidence against the choice	_____

Analysis Confidence Check

- Scenario brief: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates patterns tested?
- Outcome evidence: which record best demonstrates roles assigned?
- Challenge: could the debrief becomes blame explain the result?
- Subject boundary: what does this comparison leave unresolved about session goal?

Analysis x Scenario and Facilitation Scenario Cards

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

Decision Record

Field	Notes
Chosen format scenario	_____
Outcome lens	Which decision from the scenario should change the next real attempt?
Evidence available	_____
Evidence missing	_____
Controlled next step	_____
Person / review date	_____

Eight Analysis and Scenario and Facilitation Evidence Tracker

Track plan a match scenario across eight practice blocks using the analysis method and the scenario and facilitation outcome lens. Keep conditions visible and use this review question: Which decision from the scenario should change the next real attempt?

#	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 / Scenarios Framed	_____	_____	_____
Warm-Up: Baselines Captured / Roles Assigned	_____	_____	_____
Drill Load: Patterns Tested / Runs Completed	_____	_____	_____
Rest: Alternatives Considered / Events Captured	_____	_____	_____
Pain Or Fatigue Signal: Limitations Stated / Debriefs Evidenced	_____	_____	_____
Post-Session Note: Conclusions Qualified / Learning Transferred	_____	_____	_____

Interpret the Trend

- I kept the scenario rules and success measure visible throughout the run.
- I converted the debrief into a specific action with an owner.
- Keep the method only when the evidence for plan a match scenario improves without hiding the debrief becomes blame.
- What boundary on pain or fatigue signal must be checked before relying on post-session note?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Analysis x Scenario and Facilitation 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 plan a match scenario; the outcome test is: Which decision from the scenario should change the next real attempt? The close-out standard remains: run and review the scenario with a reason for each adjustment.

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 stated what the analysis does not establish.
- Outcome check: I converted the debrief into a specific action with an owner.
- 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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