

Training Readiness and Review Decision Making Workbook - Review Performance

Training Readiness and Review | Review Performance | Asset ID CRIC-25-04-10

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: 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 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 drill load from rest in this case? Gather enough records to review the work fairly.
- Align: How does pain or fatigue signal change the interpretation of post-session note? Align dates, conditions and measures before comparison.
- Detect: What boundary on session goal must be checked before relying on warm-up? Detect a repeated strength, gap or turning point.
- Explain: Which observation links rest to session goal, and what remains uncertain? Explain the pattern without hiding contradictory evidence.
- Prioritise: What alternative explanation could account for both post-session note and drill load? 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 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 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 Drill Load	Which evidence separates drill load from rest in this case?	Review set / date	Open / checked
Align Rest	How does pain or fatigue signal change the interpretation of post-session note?	Comparable record / date	Open / checked
Detect Pain Or Fatigue Signal	What boundary on session goal must be checked before relying on warm-up?	Learning pattern / date	Open / checked
Explain Post-Session Note	Which observation links rest to session goal, and what remains uncertain?	Bounded explanation / date	Open / checked
Prioritise Session Goal	What alternative explanation could account for both post-session note and drill load?	Next priority / date	Open / checked
Schedule Warm-Up	What next check on warm-up would make the record about pain or fatigue signal 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-25-04-10 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 - 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	Question / Gather pain or fatigue signal	Which evidence separates drill load from rest in this case? Gather enough records to review the work fairly.	Question / Review set
2	Measure / Align post-session note	How does pain or fatigue signal change the interpretation of post-session note? Align dates, conditions and measures before comparison.	Baseline / Comparable record
3	Analyse / Detect session goal	What boundary on session goal must be checked before relying on warm-up? Detect a repeated strength, gap or turning point.	Pattern / Learning pattern
4	Contrast / Explain warm-up	Which observation links rest to session goal, and what remains uncertain? Explain the pattern without hiding contradictory evidence.	Alternative / Bounded explanation
5	Stress-test / Prioritise drill load	What alternative explanation could account for both post-session note and drill load? Prioritise one adjustment with the highest useful value.	Stress test / Next priority
6	Qualify / Schedule rest	What next check on warm-up would make the record about pain or fatigue signal more useful? Schedule the next check and preserve the review trail.	Decision / Review date

Common Failure Modes

- For pain or fatigue signal, watch for the question is too broad together with the review set is selective.
- For post-session note, watch for the baseline is not comparable together with unlike records are compared.
- For session goal, watch for one result is an outlier together with noise is mistaken for a pattern.
- For warm-up, watch for correlation is mistaken for cause together with contradictory evidence is omitted.
- For drill load, 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 drill load from rest in this case? Define the exact analytical question.	Question / Review set
5-10 min	How does pain or fatigue signal change the interpretation of post-session note? Capture a comparable baseline.	Baseline / Comparable record
10-18 min	What boundary on session goal must be checked before relying on warm-up? Examine the strongest pattern.	Pattern / Learning pattern
18-24 min	Which observation links rest to session goal, and what remains uncertain? Test an alternative explanation.	Alternative / Bounded explanation
24-27 min	What alternative explanation could account for both post-session note and drill load? Check the result under one changed condition.	Stress test / Next priority
27-30 min	What next check on warm-up would make the record about pain or fatigue signal 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 training readiness and review 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
Pain Or Fatigue Signal	_____	_____	Which evidence separates drill load from rest in this case?
Post-Session Note	_____	_____	How does pain or fatigue signal change the interpretation of post-session note?
Session Goal	_____	_____	What boundary on session goal must be checked before relying on warm-up?
Warm-Up	_____	_____	Which observation links rest to session goal, and what remains uncertain?
Drill Load	_____	_____	What alternative explanation could account for both post-session note and drill load?
Rest	_____	_____	What next check on warm-up would make the record about pain or fatigue signal 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 conditions aligned?
- Challenge: could too many adjustments be prioritised explain the result?
- Subject boundary: what does this comparison leave unresolved about drill load?

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	Drill Load: the alternative fits equally well.	Which evidence separates drill load from rest in this case?	Review set
2	Rest: the conclusion overreaches.	How does pain or fatigue signal change the interpretation of post-session note?	Comparable record
3	Pain Or Fatigue Signal: the question is too broad.	What boundary on session goal must be checked before relying on warm-up?	Learning pattern
4	Post-Session Note: the baseline is not comparable.	Which observation links rest to session goal, and what remains uncertain?	Bounded explanation
5	Session Goal: one result is an outlier.	What alternative explanation could account for both post-session note and drill load?	Next priority
6	Warm-Up: correlation is mistaken for cause.	What next check on warm-up would make the record about pain or fatigue signal 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	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 / Records Gathered	_____	_____	_____
Warm-Up: Baselines Captured / Conditions Aligned	_____	_____	_____
Drill Load: Patterns Tested / Patterns Detected	_____	_____	_____
Rest: Alternatives Considered / Explanations Qualified	_____	_____	_____
Pain Or Fatigue Signal: Limitations Stated / Adjustments Prioritised	_____	_____	_____
Post-Session Note: 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 post-session note and drill load?
- 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 drill load from rest in this case?
- Subject check: How does pain or fatigue signal change the interpretation of post-session note?
- Format check: I stated what the analysis does not establish.
- 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

Original independent resource. This general practice, observation and review aid was written specifically for asset CRIC-25-04-10. 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.