

Wicketkeeping Performance Journal - Review Performance

Wicketkeeping | Review Performance | Asset ID CRIC-16-10-10

Purpose: This original printable performance journal helps players, coaches, clubs, schools and families work with wicketkeeping while pursuing one defined outcome: convert notes and results into one practical next step. Its method is to record context, best evidence, one limitation and one next action. 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 combine safe stance, clean gathering and footwork for differing lines and lengths. 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	Starting Depth	Known / estimated / not checked	_____
2	Ready Position	Known / estimated / not checked	_____
3	Head And Hands	Known / estimated / not checked	_____
4	Lateral Movement	Known / estimated / not checked	_____
5	Take Quality	Known / estimated / not checked	_____
6	Return Throw	Known / estimated / not checked	_____

Learning and Adaptation Starting Brief

- Gather: Which evidence separates head and hands from lateral movement in this case? Gather enough records to review the work fairly.
- Align: How does take quality change the interpretation of return throw? Align dates, conditions and measures before comparison.
- Detect: What boundary on starting depth must be checked before relying on ready position? Detect a repeated strength, gap or turning point.
- Explain: Which observation links lateral movement to starting depth, and what remains uncertain? Explain the pattern without hiding contradictory evidence.
- Prioritise: What alternative explanation could account for both return throw and head and hands? Prioritise one adjustment with the highest useful value.
- Edition success means: choose a small next target supported by the session record

Performance Journal

This format is designed to preserve evidence, learning and the next small target after play. For wicketkeeping, apply the method in a deliberate sequence: record context, best evidence, one limitation and one next action. 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 Head And Hands	Which evidence separates head and hands from lateral movement in this case?	Review set / date	Open / checked
Align Lateral Movement	How does take quality change the interpretation of return throw?	Comparable record / date	Open / checked
Detect Take Quality	What boundary on starting depth must be checked before relying on ready position?	Learning pattern / date	Open / checked
Explain Return Throw	Which observation links lateral movement to starting depth, and what remains uncertain?	Bounded explanation / date	Open / checked
Prioritise Starting Depth	What alternative explanation could account for both return throw and head and hands?	Next priority / date	Open / checked
Schedule Ready Position	What next check on ready position would make the record about take quality more useful?	Review date / date	Open / checked

Completion Standard

- Keep the work tied to wicketkeeping, 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: too many adjustments are prioritised.
- 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-16-10-10 pairs performance journal 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.

Reflective Practice x Learning and Adaptation Focused Practice Lab

This lab pairs a reflective practice method with a learning and adaptation outcome lens. Work through the six actions to turn the subject focus - combine safe stance, clean gathering and footwork for differing lines and lengths - into evidence for review performance. Preserve any gap that prevents a supported conclusion.

#	Action	Constraint	Record
1	Intend / Gather take quality	Which evidence separates head and hands from lateral movement in this case? Gather enough records to review the work fairly.	Intention / Review set
2	Record / Align return throw	How does take quality change the interpretation of return throw? Align dates, conditions and measures before comparison.	Record / Comparable record
3	Notice / Detect starting depth	What boundary on starting depth must be checked before relying on ready position? Detect a repeated strength, gap or turning point.	Observation / Learning pattern
4	Interpret / Explain ready position	Which observation links lateral movement to starting depth, and what remains uncertain? Explain the pattern without hiding contradictory evidence.	Meaning / Bounded explanation
5	Synthesize / Prioritise head and hands	What alternative explanation could account for both return throw and head and hands? Prioritise one adjustment with the highest useful value.	Learning / Next priority
6	Commit / Schedule lateral movement	What next check on ready position would make the record about take quality more useful? Schedule the next check and preserve the review trail.	Commitment / Review date

Common Failure Modes

- For take quality, watch for the intention is too vague together with the review set is selective.
- For return throw, watch for the record omits an uncomfortable result together with unlike records are compared.
- For starting depth, watch for a detail is overinterpreted together with noise is mistaken for a pattern.
- For ready position, watch for context is ignored together with contradictory evidence is omitted.
- For head and hands, watch for the lesson is too broad together with too many adjustments are prioritised.

Independent Review Question

Format question: Which lesson is supported by the record, and which part remains personal interpretation? 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 reflective practice 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 head and hands from lateral movement in this case? Set one honest intention.	Intention / Review set
5-10 min	How does take quality change the interpretation of return throw? Record what happened without polishing it.	Record / Comparable record
10-18 min	What boundary on starting depth must be checked before relying on ready position? Notice a meaningful detail or pattern.	Observation / Learning pattern
18-24 min	Which observation links lateral movement to starting depth, and what remains uncertain? Interpret it alongside context.	Meaning / Bounded explanation
24-27 min	What alternative explanation could account for both return throw and head and hands? Synthesize one transferable lesson.	Learning / Next priority
27-30 min	What next check on ready position would make the record about take quality more useful? Commit to a small next action.	Commitment / Review date

Reflection Entry Log

Reflection Entry	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

Experience and Learning Review - Learning and Adaptation Lens

This comparison tests wicketkeeping against review performance through two independent questions. Format: Which lesson is supported by the record, and which part remains personal interpretation? 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
Take Quality	_____	_____	Which evidence separates head and hands from lateral movement in this case?
Return Throw	_____	_____	How does take quality change the interpretation of return throw?
Starting Depth	_____	_____	What boundary on starting depth must be checked before relying on ready position?
Ready Position	_____	_____	Which observation links lateral movement to starting depth, and what remains uncertain?
Head And Hands	_____	_____	What alternative explanation could account for both return throw and head and hands?
Lateral Movement	_____	_____	What next check on ready position would make the record about take quality more useful?

Format Decision Test

Field	Record
Review question	Which lesson is supported by the record, and which part remains personal interpretation?
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	_____

Reflective Practice Confidence Check

- Review set: what was actually seen, heard, measured or read?
- Format evidence: which record best demonstrates lessons bounded?
- Outcome evidence: which record best demonstrates adjustments prioritised?
- Challenge: could too many adjustments be prioritised explain the result?
- Subject boundary: what does this comparison leave unresolved about head and hands?

Reflective Practice x Learning and Adaptation Scenario Cards

Use these paired scenarios to rehearse judgement for review performance. Each card joins a reflective practice 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	Head And Hands: the lesson is too broad.	Which evidence separates head and hands from lateral movement in this case?	Review set
2	Lateral Movement: the next action is not owned.	How does take quality change the interpretation of return throw?	Comparable record
3	Take Quality: the intention is too vague.	What boundary on starting depth must be checked before relying on ready position?	Learning pattern
4	Return Throw: the record omits an uncomfortable result.	Which observation links lateral movement to starting depth, and what remains uncertain?	Bounded explanation
5	Starting Depth: a detail is overinterpreted.	What alternative explanation could account for both return throw and head and hands?	Next priority
6	Ready Position: context is ignored.	What next check on ready position would make the record about take quality 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 Reflective Practice and Learning and Adaptation Evidence Tracker

Track review performance across eight practice blocks using the reflective practice 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	Return Throw	_____	_____	_____
2	Starting Depth	_____	_____	_____
3	Ready Position	_____	_____	_____
4	Head And Hands	_____	_____	_____
5	Lateral Movement	_____	_____	_____
6	Take Quality	_____	_____	_____
7	Return Throw	_____	_____	_____
8	Starting Depth	_____	_____	_____

Reflective Practice Evidence Dashboard

Measure	Baseline	Current	Evidence location
Starting Depth: Intentions Recorded / Records Gathered	_____	_____	_____
Ready Position: Entries Completed / Conditions Aligned	_____	_____	_____
Head And Hands: Patterns Noticed / Patterns Detected	_____	_____	_____
Lateral Movement: Context Considered / Explanations Qualified	_____	_____	_____
Take Quality: Lessons Bounded / Adjustments Prioritised	_____	_____	_____
Return Throw: Commitments Completed / 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 return throw and head and hands?
- Use a qualified coach, safeguarding lead or health professional when the evidence crosses a safety, rights, health or authority boundary.

Reflective Practice x Learning and Adaptation Next Step Plan

Finish by turning the paired format and outcome record into one owned action. For this performance journal, 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 head and hands from lateral movement in this case?
- Subject check: How does take quality change the interpretation of return throw?
- Format check: I preserved an honest record, including evidence that challenged my first view.
- Outcome check: I included evidence that challenged the most convenient explanation.
- 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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