



Player Name: _____

Camp: _____

Cricketing skills: _____

R66T Academy Training Methods

The R66T Academy training methods will be incorporated into the coaching program for this camp, which are underpinned by 3 key philosophies.

1. Get comfortable with being uncomfortable
2. Find a way to achieve your goals
3. Develop the person, as well as the cricketer

Our belief is that these philosophies improve players and will take them out of their comfort zones.

We want all our participants to be *thinking* cricketers as well as *doing* cricketers.

Personal Data Profile

As part of our objective to make thinking cricketers, we have developed a small chart for participants to track their progress. This is a very simple task, but requires some thought about the participant prior to the camp. This profile is for the participant only, does not need to be shared with anybody else and is not a requirement for attending the course. Feel free to use this as you go forward in your training.

Effort		Mindset	
Organisation		Preparation	
Speed		Endurance	
Agility		Hydration	
Dietary Habits		Recovery	
Game Awareness		Decision Making	
Adaptability		Playing Pace Bowling	
Playing Spin Bowling		Control when bowling	
Pace when bowling		Variation execution when bowling	
Bowling Spin		Throwing accuracy	
Catching consistency		Anticipation of the ball	
Reflection		Attitude to future training	

Rate 1-5. 1 = poor, 5 = outstanding, NR = not relevant.

This table below we shall leave blank for now, you can fill this in either at the end of the camp (we're not expecting scores to change dramatically in the short time that you are attending the R66T Academy camp), or half way through the upcoming season, or at the end of the season, to compare how you're scores have changed over a more significant period of time.

Effort		Mindset	
Organisation		Preparation	
Speed		Endurance	
Agility		Hydration	
Dietary Habits		Recovery	
Game Awareness		Decision Making	
Adaptability		Playing Pace Bowling	
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Recovery Perception Evaluation

This task will allow you, your parents, coaches and managers to understand your recovery post cricketing activity. Again, this is not a required task for the camp, you don't have to show us but it will give you a greater understanding of your recovery, why you may be doing something well or not so well and indicate when periods of rest and recovery are required.

Pre-Camp RPE

Physical State	Mental State	Leg Soreness	Shoulder Soreness	Fatigue Level	Total

Rate 1-10. 1 = good, ready to perform at my best, 10 = fatigued, injured or unready

Day 2 RPE

Physical State	Mental State	Leg Soreness	Shoulder Soreness	Fatigue Level	Total

Post Camp RPE

Physical State	Mental State	Leg Soreness	Shoulder Soreness	Fatigue Level	Total

SWOT Analysis

Please complete the following sections:

Strengths: _____

Areas for Improvement: _____

Opportunities (for improvement): _____

Threats: (To you making improvements) _____

Please note: We do not need to see any of the work that you complete throughout this handbook, it is a personal reflection and therefore is solely down to you.

Use the spaces here to record what happened during each session along with any action points you need to address. Billy and Joe Root do this type of exercise after their training sessions to improve as players.