

BATTING RESET

Plan and Rehearse Your Batting Reset

Pick up a cricket bat and then imagine you are standing near the crease, holding the bat, and you want to reset your focus for the next delivery. It's as easy as 1-2-3 Reset:

1. **BREAKAWAY.** Look down and step slightly away. Take a slow, deep breath, exhale firmly while rolling your shoulders and loosening your arms. Pause for just a moment.
2. **GET SET.** Grip the bat, taking care like a golfer to place it comfortably and securely in both hands. Let your gaze shift from hands to the horizon as you think about readying for the next delivery.
3. **CALL TO ACTION.** Move at your pace into your stance, tap the bat twice and quietly, but firmly under your breath say: "Where's the ball?" as you watch the bowler approach.

Adjust the actions in the three steps to suit your approach, for example David Warner redoes his batting gloves each ball, but keep the same three steps of closing off the previous delivery, starting the reset, and then into focus.

It's NOT the physical actions that are important, it's the action of mentally breaking away from the previous delivery, getting set to refocus, and putting full attention on the next delivery.

Decide How and When to 1-2-3 Reset

Think for a few moments of situations where you might find a 1-2-3 Batting Reset useful - for example, at the start of an innings, or after playing and missing.

Good players do this consistently **EVERY DELIVERY** until it becomes their own ritual and naturally triggers concentration for the next ball.

If you are a wicketkeeper then the reset process should be very similar to the batting process, with different cues that suit you and the keeping role to connect the three actions.

BOWLING RESET

Plan Your Bowling Reset Routine

Watch the bowlers you admire. They will have a consistent process which helps them to hold their shape under pressure. That process might include:

- heading back to their mark at their chosen pace
- planning the next delivery
- pausing or setting at the top of their mark
- using a cue (like energy in the run up, or focusing on a target area).

Imagine you are bowling the final ball of a T20 and the match is on the line. Write out exactly what you plan to do as your reset process for each delivery and then practice it in the nets.

As a bowler you always have the breakaway time as you head back to your mark. Use that time to compose yourself and be clear on your plan for the next delivery.