



Designing Your Game Readiness Plan.

Mindful Cricket is about performing consistently, and one of the most reliable ways to create consistency is good preparation.

Pre-game routines and rituals will help you to do that and they will ideally be an extension of your daily habits.

Four steps build on the awareness you gained from exploring the Zone, and from experimenting with daily habits (see Mindful Cricket book and Workbook)

Step 1. Know What Game Ready Means

Step 2. Assemble the Pieces

Step 3. Draft Your Game Readiness Plan

Step 4. PDCA Your Plan.

Take time to get your Game Readiness Plan into a shape that works best for you across all the conditions where you play the game.

'Be Game Ready, is about raising awareness of what makes you think and feel at your best, and the daily habits that consistently create the conditions for that to happen.'

Game Readiness Plan.



Step 1. Know What “Game-Ready” Means

Think about the matches coming up and ask yourself, ‘If I was totally ready to perform at my best...

Mentally. <i>What would I be thinking?</i>
<i>Example. Clear mind.</i>
Emotionally. <i>How would I be feeling?</i>
<i>Example. Excited but composed.</i>
Physically. <i>What shape would I be in?</i>
<i>Example. Feeling energetic and fresh.</i>
Environmentally. <i>What set-up would I create?</i>
<i>Example. All my gear organised.</i>

STEP 2: Assemble the Pieces

Think back over the past season to matches when you felt most comfortable and in control of your game from the start:

What did you do to create the environment where you were mentally, physically and emotionally set up to succeed?

Prompts.	Thoughts and Ideas.
<ul style="list-style-type: none">• <i>What were your habits and rituals in the week leading up to the game?</i>• <i>How did you practise?</i>• <i>Did you think a lot or little about the game?</i>• <i>What helped you to be physically energised?</i>• <i>What attitude did you bring?</i>• <i>What warm-up and final preparation did you do?</i>• <i>How did you deal with distractions or “noise”?</i> <p>Practice Tip. Aim to keep it as simple as possible and don't be concerned if you aren't sure, because this is a starting point to build on.</p>	

Step 3: Draft Your Game-Readiness Plan

Start a week out from the game and draft a plan describing the behaviours and set-up you want to include in your Pre-Game Rituals.

When	What & How
<p>Weekly <i>Set your goals and plan for the week, including reviewing the opposition and the likely conditions.</i></p>	<p><i>What are your key themes for the week?</i></p>
<p>Daily <i>Commit to your daily habits including hydration, stretching, sleeping, mindfulness and cricket practices.</i></p>	<p><i>What is needed to feel organised and in control?</i></p>
<p>Day Before <i>Get organised with gear and define your Go-To-Plan.</i></p>	<p><i>Will it be helpful to schedule quiet time for centring or mental rehearsal?</i></p>
<p>Morning <i>Follow your usual pre-match routine of meal, stretch, visualising and do some reflex catches.</i></p>	<p><i>Do you have a Brilliant Basics checklist for this?</i></p>
<p>Warm-Ups <i>Get involved at your ideal pace in the stretching and building up to full load. What pace will you bowl at?</i></p>	<p><i>What throw downs will be helpful. Any reflex catching?</i></p>
<p>In Game <i>Have equipment ready and use your Go-To-Plans to keep it simple and focused.</i></p>	<p><i>What's important to remember about your mindset in match situations?</i></p>

Game Readiness Plan.



Step 4: PDCA Your Plan

Use the Plan, Do, Check, Adapt learning loop to refine your Game Readiness Plan.

Plan. <i>When and how are you going to begin using the plan?</i>
Do. <i>Give it a go, because it's only as good as the value you get from doing it</i>
Check. <i>Reflect on what worked, what didn't work and what needs changing</i>
Adapt. <i>Adjust the plan and PDCA again</i>