



## R66T ACADEMY HIGH-PERFORMANCE PROGRAMME





## WELCOME

The R66T Academy is proud to run its first 10 day High-Performance Camp in Baltimore.

This program will be a version of the High-Performance Programme that has been running in Adelaide, Australia that Shaun Siegert, High-Performance director at the R66T Academy, has run for the last 16 years. The Adelaide Programme has seen many fine players attend as young men and women, and develop as stronger and better players. Over the last 16 years, 32 of those who had attended the programme have progressed onto International Cricket, and over 200 players have played First Class Cricket.

The training methods from Adelaide will be incorporated in the Baltimore Programme, which are underpinned by 3 key philosophies.

1. Get comfortable being uncomfortable
2. Find a way
3. Developing people

The R66T Academy believes that these philosophies improve players. If these philosophies aren't incorporated into player's training, this will result in players staying in their comfort zones and, consequently, don't improve their skills or performances.

The learning cycle is made up of two parts;

1. Physical
2. Mental

Failing to place emphasis on the Mental side of the game, or given the opportunity to practice Mental techniques, cuts the learning cycle in half. In essence players will train/prepare, then compete, then reflect. This cycle is continuous, and top players are constantly going around in this cycle.



# ATHLETE DEVELOPMENT PROGRAMME



## Day 1

- Program Overview, Goal Setting and Interviews
- Fitness Testing
- Game Scenarios/Match Simulation
- Recovery/Review

	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
Physical	Speed		Endurance		Agility	
Nutrition	Diet habits		Recovery nutrition		Hydration	
Tactical	Game awareness		Decision making		Adapting to situation	
Bat	Playing pace		Playing spin		Watching ball	
Pace Bowling	Pace consistency		Control consistency		Variation execution	
Spin Bowling	Spin		Variation execution		Control consistency	
Fielding	Throwing accuracy		Catching consistency		Anticipation	
Wicket keeper	Clean takes up		Clean takes back		Energy	

Rate 1-5 1= poor, 5= outstanding NR= Not Relevant

### RECOVERY PERCEPTION EVALUATION

Date	Physical Recovery	Mental Recovery	Leg Soreness	Shoulder Soreness	Fatigue Level	Total

0= completely recovered; 10 not recovered at all

## Day 2

- Skill development batting closed
- Skill development nets open
- Skill development bowling
- Functional session
- Recovery/reflection



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
Physical	Speed		Endurance		Agility	
Nutrition	Diet habits		Recovery nutrition		Hydration	
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## DAY 3

- Conditioning
- Fielding
- Match Scenarios
- Recovery/Reflection



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
Physical	Speed		Endurance		Agility	
Nutrition	Diet habits		Recovery nutrition		Hydration	
Tactical	Game awareness		Decision making		Adapting to situation	
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## DAY 4

- Functional session
- Closed skill development from yesterday's learnings
- Fielding
- Recovery/reflection



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
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### RECOVERY PERCEPTION EVALUATION

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## DAY 5

- Conditioning session
- Mental skills session
- Fielding
- Recovery/reflection



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
Physical	Speed		Endurance		Agility	
Nutrition	Diet habits		Recovery nutrition		Hydration	
Tactical	Game awareness		Decision making		Adapting to situation	
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## DAY 6

- Games



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Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
Physical	Speed		Endurance		Agility	
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## DAY 7

- Skill development nets open
- Closed skill development from yesterday's learnings
- Functional session
- Recovery/reflection



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Mental	Sticking to plan		Calmness		Positive mindset	
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## DAY 8

- Conditioning session
- Competition nets
- Fielding
- Recovery/reflection



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
Preparation to be your best	Organised		Following routine		Have a plan	
Mental	Sticking to plan		Calmness		Positive mindset	
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## DAY 9

- Games



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Mental	Sticking to plan		Calmness		Positive mindset	
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## DAY 10

- Functional session
- Closed skill development from yesterday's learnings
- Interviews
- Wrap up



	Category	Score	Category	Score	Category	Score
Character	Effort		Positive mindset		Challenging myself	
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Mental	Sticking to plan		Calmness		Positive mindset	
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	Priority/Target	Strategy	Assessment (KPI)
Physical			
Technical			
Preparation/ Training			
Personal			
Mental			



# Discover Your Unique Game Mindset

## It's 'The Zone' You Want

Have you heard a cricketer, tennis player or footballer say they were "in the zone"? The chances are they were talking about the mindset of being totally focused on the game, with all their energy, rhythm and confidence flowing in the right way - it was almost effortless and yet so good!

Have you had that experience of batting or bowling almost effortlessly - bowling with rhythm and natural control of line, length and variation, and batting with such confidence you see the ball early and clearly, let it come to you, and strike easily through the gaps in the field?

### How 'The Zone' Reveals Your Unique Game Mindset

Imagine a cricket match is about to begin. You jog onto the field with your teammates and then stand back for a moment to observe what's happening.

Some are running and tossing the ball to sharpen their reflexes; the opening bowlers are pacing their run-ups; and others are stretching and looking at the sky, adjusting their eyes to the surroundings. The opposition openers are approaching the pitch.

Imagine you can see the mindset of each of your teammates and opponents in the colour of their cap or helmet.

*Blue Caps* are in the mindset to achieve. They're active, sharp, energetic and confident. They feel in control of their game and are looking forward to getting into the contest. They're ready to take a sharp catch, to bowl with energy and rhythm, or to play each ball on its merits.

*Red Caps* are in the mindset to attack. They're more hyped or psyched than the blue caps. They might be feeling too nervous or impatient. They're more likely to be impulsive. You'll see it in bowlers running in faster and being very aggressive, or in the batters getting frustrated and playing high-risk shots. They might succeed but the percentages aren't good over the long term.

*Orange Caps* are in the mindset to avoid. They haven't brought the right energy, which might be because they're tired or bored, or they're preoccupied with fear, doubt and worry. They don't have their usual zip as bowlers, they're slow to respond in the field, and as batters they look tentative.

The caps are "**mind zones**". Blue cap, or Blue Zone, is where we play our most consistent cricket. Red and Orange Zones don't mean you won't do well, just that you have a lower percentage chance of success.

### Reflection Questions

What coloured "mind cap" do you usually wear onto the field?

What makes it change colour?

How much of your cricket success and enjoyment comes down to wearing the right mind cap?

How valuable will it be to learn ways to get that blue cap on more often?

## ACTIVITY: Finding Your Performance Zone

This activity applies five tools to help create Blue Zone experiences and shows why Game Mindset is the key to Mindful Cricket.



You can download short versions of this Guide and Toolsheets from the Tools section of [www.mindfulcricket.com](http://www.mindfulcricket.com).

## ZONE TOOL 1: Understanding Your Performance Zones

### WHAT'S YOUR BLUE ZONE?

How do you think when you are in that Blue Zone? (eg clear mind, quick and clear decisions)

How does being in the Blue Zone change the way you feel? (eg composed, energetic)

What do you do better as a cricketer when you are in the Blue Zone? (eg judge line and length, rhythm and timing)

### WHAT'S YOUR RED ZONE?

How do you think when you are in that Red Zone? (eg rushed, unclear)"

How does being in the Red Zone change the way you feel? (eg impatient, aggressive)

How does the Red Zone change the way you play? (eg lose my shape, take more risks)

### WHAT'S YOUR ORANGE ZONE?

How do you think when you are in that Orange Zone? (eg preoccupied, avoiding mistakes)

How does being in the Orange Zone change the way you feel? (eg more worried and self-doubting)

How does the Orange Zone change the way you play? (eg tentative shots, slower to react)

## ZONE TOOL 2: How to Find Your Zone Triggers and Blockers

Triggering your Blue Zone isn't like the law of gravity - it doesn't always work. However, there are many Mindful Cricket practices to help make it more consistent. There are at least six ways to trigger the Blue Zone, and they are outlined below with questions to help you unpack how they apply to your game.

### 1. Find a Challenge

What activities and challenges trigger your Blue Zone?

### 2. Set Clear, Meaningful Goals

What goals or which purpose seem to bring out your best?

### 3. Stretch Yourself

When you "size" a challenge and feel it's achievable at a stretch, that is usually a great motivator. What are stretch challenges for you?

### 4. Clear Your Mind

What physical or mental preparation helps you to bring a Clear Mind to practice and games?

### 5. Focus Intently on the Challenges at Hand

How effectively do you stay in the present moment? What causes mind drift? What helps you to set aside thoughts about what has happened or might happen, and to refocus on the present moment?

### 6. Open Up to Feedback

What's your mindset towards feedback from coaches and teammates? How do mistakes and setbacks seem different when you are in the different zones?

## ZONE TOOL 3: Create Your Blue Zone Plan

Here are three questions in Stop-Start-Continue Format, to help you to begin drafting your Blue Zone



<b>Stop or Do Less</b>	What will you stop or do less to get more time in Blue and less in Red or Orange? (eg rushing preparation and being reactive to what other people say or do)
<b>Start or Do More</b>	What will you start or do more to get more time in Blue and less in Red or Orange? (eg use the Game Mindset tools to be composed and game ready)
<b>Continue</b>	What habits, rituals and actions will you keep doing to create Blue Zone experiences? (eg stay with pre-game routines, and bowling cues)

## ZONE TOOL 4: Debrief Your Zone Performances

The best way to get more Blue Zone experiences is to be aware of what triggers or blocks them, and then build those into your Game Readiness plans. You can do that by debriefing your match experiences.

<b><u>Zones I experienced during the match...</u></b> Too much Red Zone when starting my innings and when under pressure to score runs. Really nervous at the start of my innings and felt pressure to keep the score moving.	<b><u>How that affected my behaviours...</u></b> Started off tentatively, then took unnecessary risks and lost control of the shot by lifting my head and trying to overhit it.
<b><u>What triggered those zones...</u></b> Poor rushed routine before batting, too much focus on score and doubting my own ability to pace the innings.	<b><u>What to stop, start or continue...</u></b> Have all my gear ready when a wicket falls. Plan with my batting partner – don't just take it on myself. Be calmer and more confident.

## WHAT TO BRING

- Lunch and snack if required
- Drink bottle
- Cricket gear
- Pen
- Handbook
- Notebook would be useful
- Rubber soled shoes



# NOTES

