



## Inclusive Sports Coaching

### Battle Ready Indoor Cricket Academy Report

#### Participant Name

#### Summary

This Status Report outlines the progress XXXX has made as a result of the Battle Ready Coaching Program.

In Summary XXXX has made progress in the following areas as a result of the Battle Ready Program:

Batting - XXXX

Bowling - XXXX

Fielding - XXXX

Mental Approach - XXXX

Tactical Capabilities - XXXX

#### Coaching Services

The Battle Ready Program included the following Core Services provided during the 4 Session Program:

- Current indoor cricket skills assessment
- Understand Player Goal(s) for Indoor Cricket
- Agree 1-2 Key Focus areas for improvement during the Program
- 4 x Coaching sessions on physical, tactical and mental skills.
- Selection of Drills and Focus areas for ongoing development towards Goal(s)
- Status Report at end of Program summarising session activities, outcomes and ongoing development recommendations

The following provides a status on each of these:

## Initial Skills Assessment

The following outlines the initial assessment findings at the start of the Battle Ready Program which helped identify key focus areas for improvement.

Skill Area	Strengths	Weaknesses
Batting		
Bowling		
Fielding		
Mental Approach		

### XXXX Goal(s)

XXXX wants to achieve.....

### XXXX Agreed Key Focus Areas

As a result of the Initial Assessment and discussions around Goals, the Key Focus Areas for improvement which determined the Battle Ready Program sessions were:

1. XXXXXX

2. XXXXXX

## Battle Ready Sessions

The following outlines the activities, drills and key discussions held during the 4 Battle Ready Sessions.

Bowling – [insert areas worked on in the 4 sessions, overall progress made based on Session 1 to Session 4, any issues with progress, future focus areas]

Batting – [insert areas worked on in the 4 sessions, overall progress made based on Session 1 to Session 4, any issues with progress, future focus areas]

Fielding – [insert areas worked on in the 4 sessions, overall progress made based on Session 1 to Session 4, any issues with progress, future focus areas]

Mental Approach – [insert areas worked on in the 4 sessions, overall progress made based on Session 1 to Session 4, any issues with progress, future focus areas]

Tactical Capabilities – [insert areas worked on in the 4 sessions, overall progress made based on Session 1 to Session 4, any issues with progress, future focus areas]

## **Recommendations**

The following are recommendations for XXXX to assist with ongoing development of their Indoor Cricket to achieve their Goal(s).

Training Drills – XXXX

In-Game Focus Areas – XXXX

Any Additional Indoor Cricket Academy Sessions – XXXX

**John Lonergan**

**Director – High Performance Indoor Cricket Academy**

Mobile: 0413 319 044

Email: [john@inclusiveitconsulting.com.au](mailto:john@inclusiveitconsulting.com.au)