



## Inclusive Sports Coaching

### High Performance Indoor Cricket Academy Report

#### Participant Name

#### Summary

This Status Report outlines the progress **XXXX** has made as a result of the High Performance Coaching Program.

In Summary **XXXX** has made progress in the following areas as a result of the High Performance Program:

Batting - **XXXX**

Bowling - **XXXX**

Fielding - **XXXX**

Mental Approach - **XXXX**

Tactical Capabilities - **XXXX**

#### Coaching Services

The High Performance Program included the following Core Services provided during the 8 Week Program:

- Current indoor cricket skills assessment
- Understand Player Goal(s) for Indoor Cricket
- Agree Key Focus areas for improvement during the Program based on alignment of Current capabilities compared to requirements for Goal achievement
- 8 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 High Performance Program which helped identify key focus areas for improvement.

Skill Area	Alignment against High Performance Goal requirements	Key Development Areas
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 for the High Performance Program sessions were:

To improve current Representative performances

1. XXXXXX

2. XXXXXX

To progress to next Representative Level

1. XXXXXX

2. XXXXXX

To prepare for overall Representative Goal

1. XXXXXX

2. XXXXXX

## High Performance Sessions

The following outlines the activities, drills and key discussions held during the 8 High Performance Sessions.

Bowling – [insert areas worked on in the 8 sessions, overall progress made based on Session 1 to Session 8, any issues with progress, future focus areas]

Batting – [insert areas worked on in the 8 sessions, overall progress made based on Session 1 to Session 8, any issues with progress, future focus areas]

Fielding – [insert areas worked on in the 8 sessions, overall progress made based on Session 1 to Session 8, any issues with progress, future focus areas]

Mental Approach – [insert areas worked on in the 8 sessions, overall progress made based on Session 1 to Session 8, any issues with progress, future focus areas]

Tactical Capabilities – [insert areas worked on in the 8 sessions, overall progress made based on Session 1 to Session 8, 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

League/Tournament Focus Areas - XXXX

Any Additional Indoor Cricket Academy Sessions – XXXX

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