



INDIVIDUAL DEVELOPMENT PLAN : BATTING

1 FIRST ASSESSMENT

**use video analysis as a reference point where possible*

GENERAL

- Does the player show co-ordination on the ball?
- Do they make clean contact with the ball consistently?
- Can they hit the ball on the ground consistently?
- Can they play with a straight bat?
- Does the player look comfortable playing against different lengths?
- Do they have the applicable skill level for the coach progresses the drills?
- Can the player manage overarm throws at a good pace with varying lengths?
- Does the player have good head positions when playing different strokes?
- Detailed description of what the player does really well, if anything.
- Detailed description of what the coach will work on to improve the level of skills over the course of sessions booked.
- Detailed description of required milestone achievements for relevant skill level improvement.
- Highlight the milestones reached and announce accordingly.

2 PERFORMANCE GAP (STRENGTHS AND IMPROVEMENTS)

**to be discussed with the player*

- What is the players current level of performance?
- What is the players desired level of performance?
- What is the players current strengths?
- Detailed description of areas to improve on in order to reach desired level of performance?
- Detailed plan on what, how and when various skills will be worked on over the course of the sessions booked.
- Detailed description of required milestone achievements for relevant skill improvement.

TECHNICAL

- Is the player able to access all positions from his / her setup position?
- Is the player able to play different lines and lengths?
- Can they play with a straight bat?
- Can they play horizontal bat shots?
- Does the player acquire appropriate positions for front foot and back foot shots (footwork, head positions and bat swing).

TACTICAL

- Does the player have a generic game plan against seam bowling?
- Does the player have a generic game plan against spin bowling?
- Are they able to stay within the game plan?
- Does the player have a method of defense and attack?

3 REVIEW

**to be done constantly throughout the coaching process*

- Evaluate players progress regularly in order to reevaluate coaching plan.
- Utilize metrics and key performance indicators to analyse performances (use visuals and recordings where applicable).
- Indicate improvements and identify what is required for future skill development.
- Provide honest assessment to player based on current and desired performance.
- Create clarity through a detailed plan for future sessions.