

- * Specific: Identify the exact action you will take, like improving your bowling line and length or learning to rotate the strike.
- * Measurable: Instead of improve my bowling set a goal like bowl 40% of deliveries in the desired line and length or increase batting average by 10 runs.
- * Achievable: Ensure the goal is realistic. For a player with an average 100 in the next season is not achievable, but a goal to increase the average by 5 runs is.
- * Relevant: An opening batsman should focus on new ball technique, while a team needing to save a match may require a shift in individual goals.
- * Time bound: I would improve a skill in the next three months.

Long Term Goal

- * Specific: Develop a consistent cover drive against the new ball.
- * Measurable: Progress needs to be quantifiable. This could be achieve a batting average of 40+ in the upcoming domestic season.
- * Achievable: Goals should be difficult enough to motivate but realistic to avoid frustration. A current average of 30 makes an average of 40 achievable, while 100 might not be.
8/10/11/2025
- * Relevant: An aggressive middle-order batsman should focus on power hitting, not just defensive technique.
- * Time bound: Master a new bowling variation by the end of the pre-season training block.

SWOT ANALYSIS

Strengths

- * Performance metrics: performance in a match.
- * Technical skills: expertise in specific shots.
- * Physical attributes: Good fitness, speed and agility.
- * Mental strength: Composure under pressure, leadership qualities.

Weakness

- * Performance inconsistency: Player who performs well in some matches and poorly in others.
- * Technical limitations: A lack of a strong shot.
- * Poor fitness: Low stamina.
- * Mental struggle: Lack of confidence.

Opportunities

- * Skill development: Access to new training programs.
- * League expansion: Opportunities to play.
- * Career progression: Chances for promotion.

Threats

- * Competition: Increased competition.
- * Injury: Risk of injury due to busy playing schedule.
- * Changes in games: Rule changes or shifts in playing.

J
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