

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.

\* 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 match and poorly in some.
- \* 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.