

Advising seminar

Long Term Goal

- Specific:

Develop a consistent cover drive against the new ball.

- measurable:

Progress needs to be quantifiable. This could be achieving 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 variation in bowling.

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SMART ANALYSIS

Short Term Goal

- Specific:

Identify the exact action you will undertake, like improving your bowling line and length or learning to rotate the strike.

- measurable:

Instead of "improve my bowling," set a goal like bowl 70% of deliveries in the desired line and length or increase batting average by 10 runs.

- Achievable:

Ensure the goal is realistic. For example, for a player with an average of 100, increasing it further 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.

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SWOT ANALYSIS

Strengths

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

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

- Skill development: Access to new training programs.
 - League expansion: more opportunities to play (e.g., SPL/BPL, etc.).
 - Career progression: Chances for promotion.
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Threats

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