



AUSTRALIAN
CRICKET INSTITUTE



PLAYER DIARY

"The Key To Improving Your Game Is Understanding Your Game"

PURPOSE OF THE ACI PLAYER DIARY

Some of the most important information you can learn as a cricketer is an understanding of your own game. Knowing your strengths, knowing your weaknesses. Learning what you need to do at training to be ready for a game, how much to train, what drills to do, how to mentally prepare. The faster you can gain an understanding of your own game, the quicker you will improve and the more consistent you will become.

One of the things that sets good and great players apart, is an understanding of their own game. You don't need to be the fastest bowler and you don't need every shot in the book as a batsman to succeed. You simply need a strong understanding of your own game, and the ability to create a training and game plan around your strengths.

For example: Steve Waugh wasn't the most elegant batsman, he had two or three good shots and put the rest away. He even gave up playing one of his favourite shots (the pull/hook shot) because he noticed a pattern that he was getting out playing the shot. He went on to captain Australia and average 51 with the bat.

Glen McGrath wasn't the fastest bowler and he didn't swing it the most. He recognised that he had an ability to hit the same spot over and over again, stuck to that and became one of the greatest fast bowlers ever.

The purpose of this player diary is to help you gain an understanding of your game by documenting your training and match day habits, then at the end of each week, review what worked and what didn't. If you use it properly and diligently, it will become a tool that helps improve your game.

The diary also acts as a bit of an accountability partner. It gives you nowhere to hide. If you're not doing the work, you can clearly see it on paper. You're more likely to do extra work if you know you're writing your training habits down.



HOW TO USE THE ACI PLAYER DIARY

The player diary is simple to use. Each week during the season, you'll have one page to fill out. There are 5 sections on each page. The sections are listed below with an explanation on each about what type of information to include. I've also included an example week for both a batsman and a bowler.

TRAINING DAY 1 & 2

In the training sections, write down everything about your training session. Whether you attended, exactly what you did at training, how long you batted/bowled, if you did any fielding, how you felt, any specific skills you worked on.

OTHER TRAINING ACTIVITIES

This section is to document any outside training you did in your own time. It might be a running session, a gym session or skills specific session like a throwdown with a teammate, hit on the bowling machine or some target bowling.

MATCH DAY

Write down, what you did (bat or bowl), your results, the condition on the day (eg. Sunny, cold, wet, hard wicket, soft wicket etc), who you played, how you got out, how you got wickets, how you felt on the day. Be as detailed as possible.



WEEKLY REVIEW

This section is a chance to pick apart your week. Review what went well and what didn't and jot down what you've learnt and can apply to your training and preparation moving forward.

The more specific and detailed you are in your diary, the better you will be able to understand your game.

Be diligent, even when you're going through a tough times, fill in your diary. This is a great opportunity to learn. Please don't be scared of failure, failure is our teacher. The only real mistake is the one from which we learn nothing.

Please see the examples below of how to fill out your player diary.

BOWLERS EXAMPLE

WEEK STARTING: 28/11/2016

TRAINING 1

Still a bit sore from bowling on the weekend. Had a really long warm up and stretch. Started training with a 30 minute field (high and short catching focus and a throw at the end). Bowled for 45 minutes in the gabba grass nets. Had a 10 minute bat, then had a throw down for 15 minutes after my net. Felt good fielding and batting but wasn't very consistent bowling.

TRAINING 2

Had a good warm up then got straight into bowling. Really wanted a good bowl leading into the weekend, bowled for 60 minutes and focused on consistency – bowler really well with good pace. Didn't get a bat as we ran out of time. We did a big group field at the end of training. Didn't get a lot of volume but the intensity was good.



OTHER TRAINING ACTIVITIES

One maintenance gym session on Monday. No running this week as I bowled a lot on the weekend. Had a hit on the bowling machine because I missed out on a hit Thursday.

#smokedthem

MATCH DAY

We won the toss and bowled, it was a hot day but the wicket was a little bit soft. I opened and bowled a really good spell, swung it quite a lot and got 2 wickets in my first spell bowling a full length. Didn't bowl as well 2nd and 3rd spell (tired). Ended up with 3/36 off 13. We bowled them out for 195.

WEEKLY REVIEW

Felt my training was good this week. I may have got a bit lazy not going for a run. I do need to work on my 2nd and 3rd spells, it's been a bit of a pattern now starting well and fading a bit. I bowled a bit fuller this week which worked really well with the ball swinging. Will work on my fitness moving forward.

BATTERS EXAMPLE

WEEK STARTING: 28/11/2016

TRAINING 1

I got out knicking a wide one early on the weekend so tonight my focus was leaving everything I possibly can in my net. I then went on the machine with Greg for 20 minutes and did the same. Not a lot of bat on ball but it was a great session. Went for a run and worked on slips catching to finish.

TRAINING 2

Had a 15 minute net and tried to emulate game day. Started watchful then looked to work it around. Didn't get out so feeling good. Got Harry to bowl spin to me for 15 min on our own and looked to score off every ball.



OTHER TRAINING ACTIVITIES

Two gym sessions this week. Monday and Wednesday. Went for a run on Wednesday as well, short sprints. Had a hit on the machine Friday ar, just working on my strengths to go into the weekend feeling good.

MATCH DAY

We lost the toss and got sent in. Wicket wasn't bad but there was some cloud cover. I opened and got 88. It swung early and I felt the session I had on Tue leaving as much as I could was great prep. Never quite felt 100% in but grafted a good score.

WEEKLY REVIEW

Really good week at training, worked on specific things and felt the session I had on Tue was great prep for swinging ball. I'll be doing that more often. Very disappointed not to get a ton. I need to work on my concentration later in innings, that's 3 times now I've got out in 80's or 90's.

I hope those example help. Now it's your turn. Remember to be diligent. Fill it out weekly and be as detailed as possible. It'll end up being a great tool for you.



WEEK STARTING:

TRAINING 1

TRAINING 2

OTHER TRAINING ACTIVITIES

MATCH DAY

WEEKLY REVIEW



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TRAINING 2

OTHER TRAINING ACTIVITIES

MATCH DAY

WEEKLY REVIEW

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