



# **HOW TO SET FIELDS AND DEVELOP PLANS**

## SELF AWARENESS AND STRENGTH BASED PLANS

- Self awareness is the key to developing plans.
- Constant self review to gain an understanding of your game.
- Once you understand your game, create plans around your strengths.
- Develop a general plan for your bowling - Plan A.
- Always be willing to adapt depending on conditions, format, opposition etc.
- Develop at least one go to strength as a bowler (swing, pace, bounce, consistency etc).
- Need 2-3 strengths to play state and/or international cricket.

**Example plan:** I'm going to swing the ball away, bowl a fuller length and straighter line to get the batsman to play as much as I can while the ball is swinging.

## MENTAL PROCESS FOR SETTING FIELDS

- Every time you set a field as a bowler or captain, always ask yourself these 4 questions...

**QUESTION 1** - "Where am I trying to bowl the ball?"

Example: Fuller and straighter swinging the ball away.

**QUESTION 2** - "If I execute, what shot is the batsman most likely to play?"

Example: They're going to look to play straight, drives etc.

**QUESTION 3** - "If I execute, how am I most likely to get a wicket?"

Example: Caught behind the wicket is most likely followed by lbw and bowled.

**QUESTION 4** - "What field settings can I use to encourage the batsman to play a high risk shot?"

### Micro questions...

*"Where is the batsman strong?"*

*"What is a high risk shot against my bowling?"*

Example: I can leave cover and midwicket open to encourage them to go away from their plan of playing straight and hit across the line. I can also leave square leg and fine leg in to allow me to bowl straighter without the fear of going for a boundary.

Asking those 4 questions should lead you to a smart field!

## COMMON MISTAKES

1. **Setting Reactive Fields** - putting fielders in spots where the batsman has scored runs. If you've executed your plan and they've scored there a few times it's a different story. But never move the field in reaction to one shot.
2. **Cookie Cutter Fields** - keeping the same general field for every bowler. THINK ABOUT YOUR FIELDS!!!. This simple process should help.
3. **Setting Fields For Bad Bowling** - If you (or another bowler) can't execute, it's time for a spell to get your mind right. Never set fields for bad balls.