



HOW TO PERFORM IN BIG GAMES OR WHEN GOING UP A LEVEL



AUSTRALIAN
CRICKET INSTITUTE

HOW TO PERFORM IN BIG GAMES OR WHEN GOING UP A LEVEL

Here are 7 important things to do or remember when playing in big games where you feel more pressure.

STICK TO WHAT YOU'VE DONE

Players often feel the need to do something different when they're playing a big game. Stick to whatever got you selected in the rep team or got you to the finals. It has worked so why change it?

REVISIT STRENGTHS AND PLANS

Take some time to go over your strengths and plans again. Make sure you go into the game with very clear plans that are based around your strengths.

DON'T OVER TRAIN

Don't feel the need to do more or train harder. On the flip side, don't take your foot off the gas, you need to be 100% confident in your preparation. But don't over train. You'll go into the game fatigued.

DON'T PLAY NAMES

A really common mistake is going into the game thinking about "that big fast quick" or "that gun batsman". Don't get caught up in players from the opposition.

Remember they're just 11 other humans with 2 arms and 2 legs just like you. They're playing in that game for the exact same reasons you are.

FOCUS YOUR ATTENTION ON YOUR TEAMS PLANS

Following on from not playing individual names, don't spend too much time analysing the other team and their game plans.

Focus most of your attention on your teams plans.

MENTAL TECHNIQUES

Utilise mental techniques you've learnt. Breathing, routines, positive self talk and visualisation is a big one pre game.

RELAX AWAY FROM TRAINING

Don't spend the whole week/s leading up to the game thinking about cricket.

Work hard at training but find ways to relax outside of that or you'll end up mentally drained.