

STRENGTH & WEAKNESS IDENTIFIER

Plan of Attack Tonight:

- *Understand the relationship between your strengths and weaknesses*
- *Journal your plan of attack*
- *Review where you are at*
- *Take on feedback from your coach*



What are your strengths?

- Your greatest strength can sometimes become your biggest limitation - be wise with how you use it
- Your biggest strengths should be the foundation of your plan of attack
- Your strengths still need to constantly be improved upon, these aren't set in stone
- Your strengths are likely going to be what you put your most time / attention into practicing e.g. basic skills



What are your weaknesses?

- I prefer to call them 'limitations'
- You should strategically target your weaknesses, but not over complicate it
- Your weaknesses are often a product of your strengths
- Your weaknesses need more time to develop, particularly through pre season
- *Do you think you can change a weakness?*



Why does journalling help?

- Let's write out a strength for each pillar of athlete development:
 - **Mental** - my ability to deal with distractions
 - **Physical** - my recovery routine post game
 - **Technical** - my ability to hit the ball square of the wicket
 - **Tactical** - my anticipation of game situations and awareness to make changes on the field
- Let's write out a weakness for all the same 4 points



How do I develop these areas?

- **Keep journalling every single day**
- *E.g. be more specific in your approach*

- **Review your skill set and perceived abilities**
- *E.g. what are the areas you do well? What are the areas that need attention?*

- **Take on feedback from a coach**
- *E.g. how do you think I can work on some weaker areas of my game to bring it up to speed?*



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Any questions???



Any thoughts???

Anyone want to share???

