

**PERSONAL GOALS** For:-  
Team: -

Date :-

Age:-

What is your long term cricketing goal ?

What are your next seasons ambitions/targets?

Now create a 3 year plan to work towards you long term goal.  
Specify what teams you will play for in year one, two and three.

Year 1 : Date \_\_\_\_\_

Year 2 : Date \_\_\_\_\_

Year 3 : Date \_\_\_\_\_



**Players name**

**Date**

**Team**

**School**

**Club**

**County**

**Academy**

<b>Matches Played/Innings</b>				
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<b>No. of Runs</b>				
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<b>Batting Average</b>				
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<b>Highest Score</b>				
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<b>No. of 50's</b>				
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<b>No. of 100's</b>				
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<b>No. of Maidens</b>				
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<b>No. of Wickets</b>				
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<b>Bowling Average</b>				
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<b>Strike Rate</b>				
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<b>Avge. Runs per Over</b>				
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<b>3 Wickets per Innings</b>				
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<b>4 Wickets per Innings</b>				
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<b>5 Wickets per Innings</b>				
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<b>Most Wickets in Spell</b>				
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<b>Catches (Close)</b>				
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<b>Catches (Outfield)</b>				
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<b>Run Out's</b>				
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<b>Run Out's (Direct Hit)</b>				
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**NOW CREATE YOUR PERSONAL GAME PLAN TO HELP YOU ACHIEVE YOUR SHORT TERM GOALS, WHICH IN TURN WILL HELP YOU ACHIEVE YOUR LONG TERM GOALS.**

**Remember your game plan needs to be S.M.A.R.T.**

**SPECIFIC  
MEASURABLE  
ACHIEVABLE  
REALISTIC  
TIME PHASED**

**Within your S.M.A.R.T Game plan constantly address the following areas:**

**TECHNICAL    TACTICAL    MENTAL    FITNESS    LIFE STYLE**

**Answer this question in as much detail as possible.**

**Plot your milestone goals for the various teams that you will play for on the next sheet provided.**

**Now that you know your game plan to achieve your goals, you have the best chance to succeed.**