



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

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End of the Season

There are many thoughts that go through the mind at the end of a season! From thinking of what the previous 6 months brought, to putting your feet up, packing your kit away and going on holiday!! We have broken down some of those areas below that might be a focus during your winter reflection.

Rest and Maintaining Fitness

Gone are the days of 6 months on, 6 months off. The Rest period between the end of one season and the start of another is reducing each year. Even though that time is shorter, your body still needs time to rest and recover from 6 hard months of competitive cricket.

Finding the correct balance between rest and training is key to your winter programme and your physical preparation. If you manage to structure it carefully you will save a lot of time and hit your required levels at the right time!

Apart from the usual training routines, a great way to keep your fitness training fun and refreshed is with the participation in other sports. Many of us do play other sports either socially or competitively. This is an ideal way to maintain a sound base fitness level. More cricket specific fitness training will come in to place later on in your winter training.

Don't leave it until a month prior to the season to start getting in to shape.

Time to Reflect



Review & Reflection of season stats.

One of the first things we all think about at the end of a season is, how did I do! Looking back over your seasons stats is a time where you reflect on whether you reached those pre-season expectations and goals you set.

Stats do not always tell the full story of what has taken place but ultimately, they are what players are judged on! This should not be a time to be over critical on your performances. Compare your stats, good and bad; work out if your targets were realistic. If you set targets that are consistently being missed then reassess these to achievable targets.

Once you have done that, it can become the foundation of your winter training objectives. Reviewing any particular moments in games when you excelled or struggled. This will without doubt link in to your Strengths and Weaknesses.

Kit Bags & Equipment.

There are many resting places when it comes to kit bags/equipment during the off-season! Lofts, Garages, Car Boots, Sheds to list a few. Most people put it all away and forget about it until the following season is upon you. Even though these areas may provide good storage space, they may well be in a damaging environment for your equipment. Your kit ultimately needs to be kept in a cool dry place/atmosphere, away from excessive damp and moisture. Any repairs that need doing to any of your equipment should be done at the end of a season. Get it done while it is fresh in your mind. This will save valuable preparation time when it comes to the start of your winter training.

Your kit/equipment is vital to you whether it's your socks or your helmet, your trousers or your bat! There is no excuse come the start of winter training or your season that any of it is not in the correct condition for you to use and hopefully perform to your best.

Documentation of Strengths & Weaknesses.

We all have strengths and weaknesses in our game, Some we have been aware about for some time, some come in to our game during a season. To help you to develop both of these areas, spend some time going over what you felt provided you with the most success during the season and highlight that as an area of continual development. It is important that you don't forget about your strengths as they still need attention to maintain and improve. Obviously the weaknesses that you are aware of will need to be looked at and worked on. Try to get a balance so that your sessions remain fresh and challenging.

Because we are looking at all aspects of the game, Technical, Tactical, Mental and Physical, there is a fair amount to think about. For instance, your technical and mental weaknesses might be a direct link to poor Fitness levels! If your performance were poor when tired, your fitness is something that needs to improve to help your game.

These are things you may need to consider when documenting your Strengths and Weaknesses.