

Wiltshire Working with Parents

Developing Talent, Maximising Potential & Building Resilience



Reflections

What is your greatest challenge as a cricketing parent?

Type in the chat, one word that represents your biggest challenge





Wiltshire
Cricket



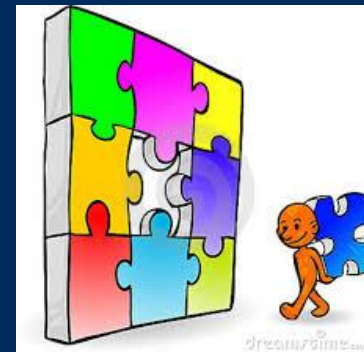
Objectives



1. Top Tips “Session within a Session”
2. Recognising and Supporting Challenges
3. Developing a Growth Mindset
4. Pathway Opportunities
5. Tools to Help Players Build Confidence
6. Tools for Dealing with Setbacks
7. Tools for Developing GRIT & Resilience
8. “Process not Outcome”
9. Performing Under Pressure
10. Worst and Best Outdoor Transitions



Parent Roles



Session Within A Session: Top Tips

Top 10 Tips for Parents

- **Nature of Cricket** Cricket is game with lots of thinking time – encourage switch on/off. Batters get one ball!!! Build/support confidence & resilience.
- **Encourage “Process rather than Outcome”** Concern about low scores or no wickets – encourage “how was your bowling rhythm/game plan v spin?” v “How many runs/wickets did you get?”
- **Maturational Changes & Teenage Moods** - teenage body-clock different time-zone to us adults. Growth spurts (workload/player expectations).
- **Car Journeys** – timing is key and “process not outcome”
- **Motivation** – differentiate time to push “hard work” v “totally switch off”; think “active recovery” and balance. Find motivational “hooks”.
- **Mind or Body** – help them recognise whether they need a mental strategy or a physical one e.g. if anxious is it “thoughts” or “nerves” they are aware of?
- **Dealing with Setbacks** – encourage reflection/hard work/practice. Help them recognise their main “de-railor” – help them find what works for them. Build self-awareness as life skill.
- **Role Models** – take an interest in their favourite player (clever way in to behaviour change, bring to life in conversations).
- **Routines** – support what works: they help them perform consistently.
- **Other Sports** – to be encouraged, but monitor and manage workloads.

My Top 3 Mental Tools to Support Young Players



My Confidence Peaks Chart

- to anchor confidence/success



Next Ball Focus

- to focus concentration, reduce anxiety/tension and enable “next ball” focus

“1%er Analysis” - What Helps & Hinders Their Performance and Enjoyment

- where I can really support as parent



Reflections

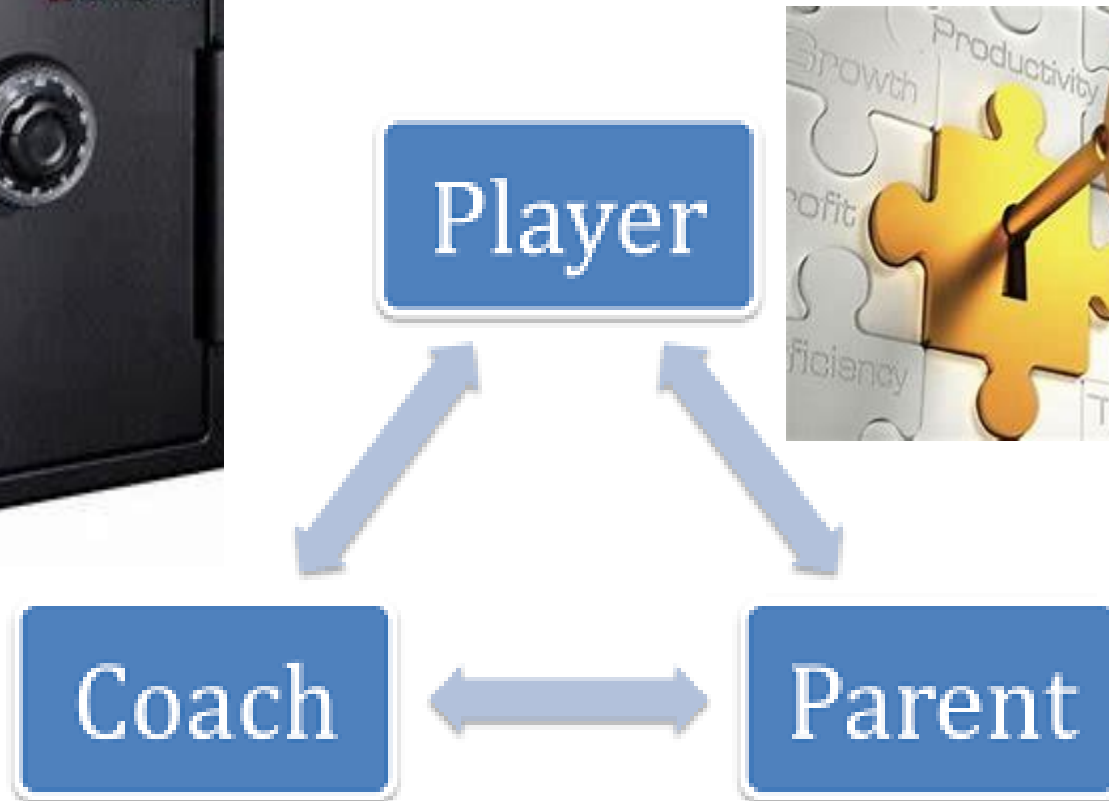
Pick one element that you will commit to applying with your son/daughter?

In your phone, type one word /phrase that resonated with you as a prompt/reminder



Recognising and Supporting Challenges

Working Together to Develop Enjoyment and Potential



Challenges

- Selected v not selected?
- Form and “Outcomes”
- Growth & Maturation changes
- Managing workloads
- Success and failure (learning)
- Motivation Ups and Downs
- Other commitments
- Dual aspirations (inc. exams)
- “Switch off”, rest and recovery
- Managing fixtures (“Hotspots”)
- Managing time
- Ownership and self-reliance (ITC)

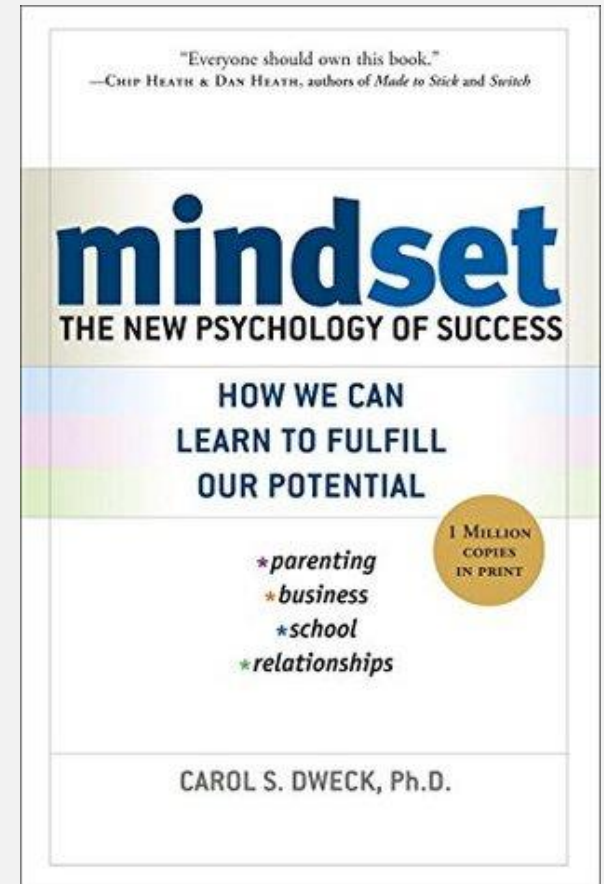


Developing a Growth Mindset

Fixed Mindset

Fixed Mindset

- View ability is inherent through your DNA
- That ability will not change over time
- Avoid challenges that may highlight inadequacies
- Lack incentive to take on challenges, or effort
- They believe “they are, who they are”
- View feedback as criticism
- Threatened by success of others

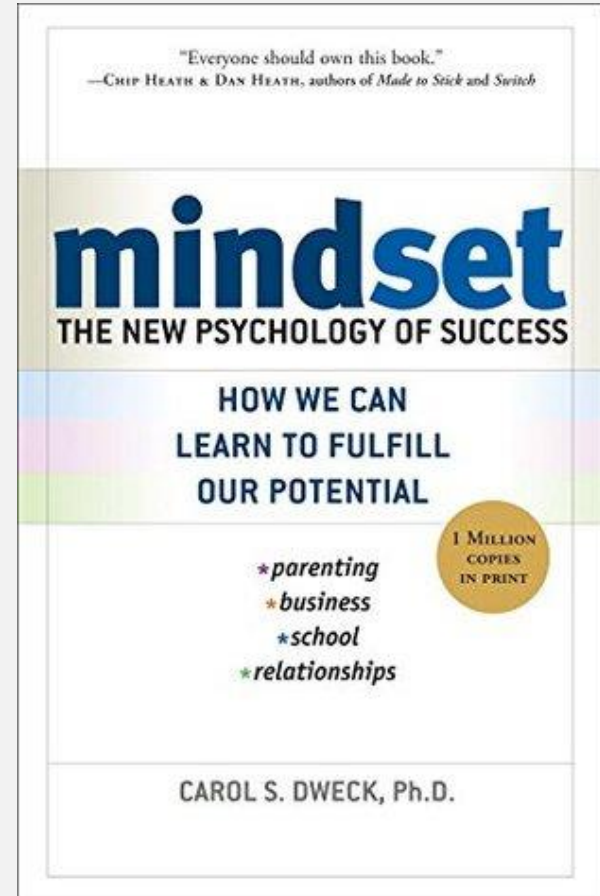


People with fixed mindset plateau early and have limited long-term growth

Growth Mindset

Growth Mindset

- Believe ability can be improved by hard work
- Place strong emphasis on learning
- Effort is central to growth
- Welcome challenge as opportunity for growth
- Mistakes/failure are learning opportunities
- Feedback can be channelled for improvement
- Desire to embrace change and achieve full potential



Generally, people with a growth mindset believe their abilities can be developed, with no limit to their potential

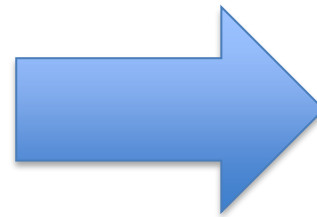
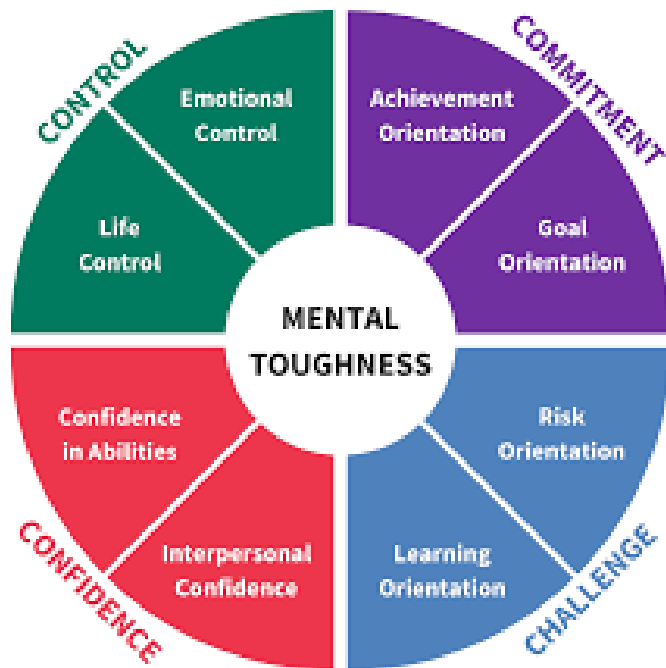
How Can We Help Players Develop a Growth Mindset?

1. Praise carefully – not for intelligence/talent but for effort.
2. Encourage deliberate practice and targeted effort.
3. Link effort to learning and increasing talent.
4. Encourage high challenge tasks to grow those skills.
5. Discuss errors and mistakes and help your children to see them as opportunities to learn and improve.
6. Encourage family discussions about mindset and which mindset they (and you?) are choosing to use.
7. Teach children to talk back to their **'fixed mindset'** internal voice with a **'growth mindset'** internal voice.

Mental Toughness – the 4 Cs

Help them reflect how mentally tough they were when they had a tough challenge? Cricket? School Exams? Pressure Situation

1-10 scaling questions work well with players



COMMITMENT to their practice, prep, learning

CHALLENGE – support the seeking of, and enjoyment in, “stretch” and tough situations

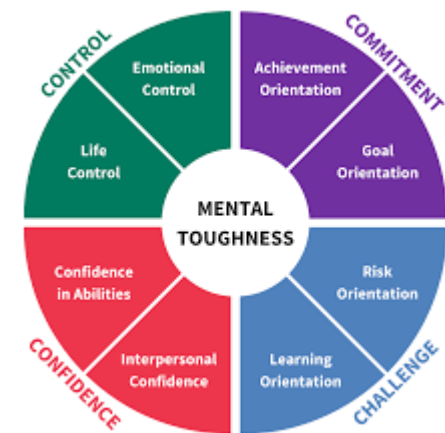
CONFIDENCE – build “global” self concept” & task confidence

CONTROL – help them find their optimal “Zone”, controls emotions

Mental Toughness – The Power of Language

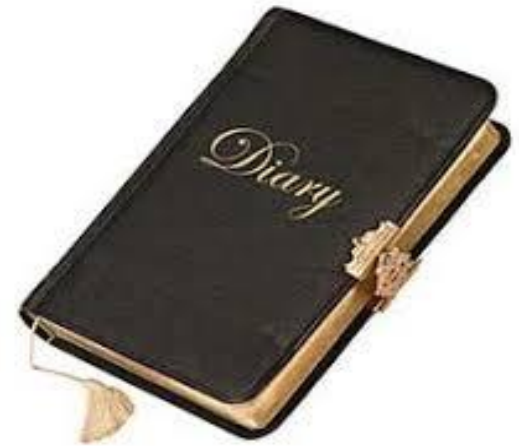
Encourage positive “self-talk”, but not “constant traffic”

MT AREA	Positive	Negative
Expectations	“This looks fun!”	“I know I’ll bowl a wide”
Commitment	“I’m up for this!”	“I don’t like pressure”
Challenge	“Bring it on!”	“I feel nervous”
Confidence	“I can do this well”	“Don’t feel I can do it”
Control	“Watch the ball”	“Sugar, dad’s watching, the fielders are chirping!!!”
Reflections	“I’ve never tried that...how can I improve?”	“I didn’t think I’d succeed. I’m useless”
Learning	“What did I learn about myself?”	“I won’t be doing that again!”



“My Player Improvement Diary 2022”

- **Reflective “Stretch” element** - Start typing/writing down a “**stretch goal**” for each day of training/match-play and keep a record of “**stretch achievements**” by writing them down once achieved. Great to look back on in combination with MCPC.
- **Session-by-session improvements made** - Write/type your reflections from each sessions e.g. 1,2,3 bullet point list, SWOT analysis, feelings, coach/player feedback
- **Set intentions for training and reflect** “What have I done today to get me closer to my goal(s)?”

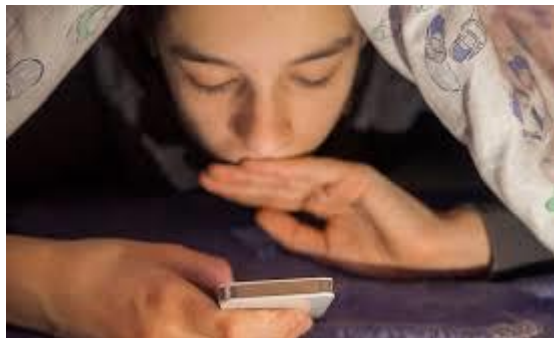


“Is It Having a Negative Effect on Performance?”



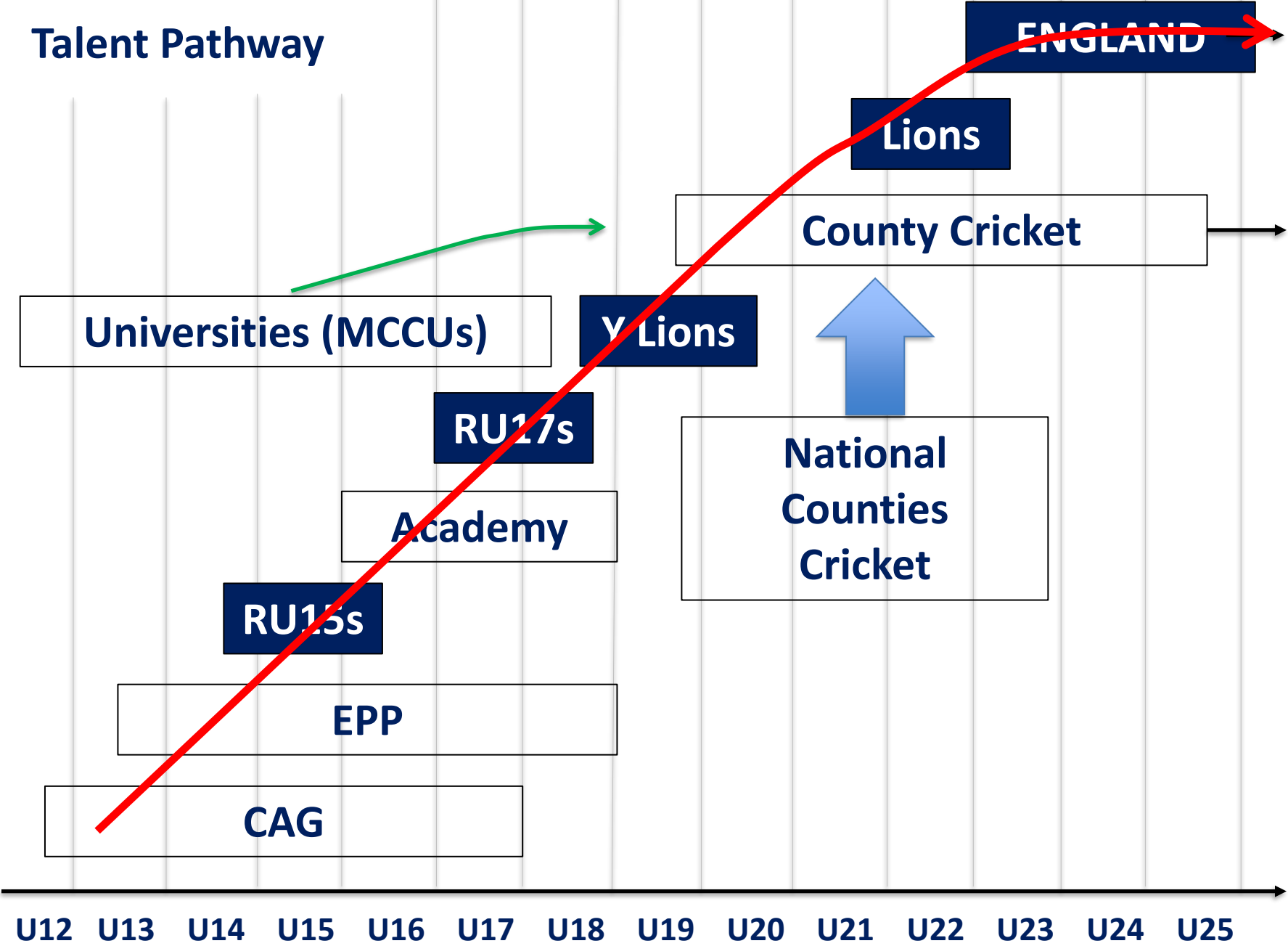
TEAM INDIA'S DROPPED CATCHES IN FOREIGN SERIES TOI

Series	Dropped chances
2020 Adelaide Test vs Aus	5
2020 3 T20I series in Aus	12
2020 3 ODI series in Aus	7
2020 2 Test series in NZ	6
2020 3 ODI series in NZ	6
2017-18 3 Test series in SA	6
2018 5 Test series in Eng	10

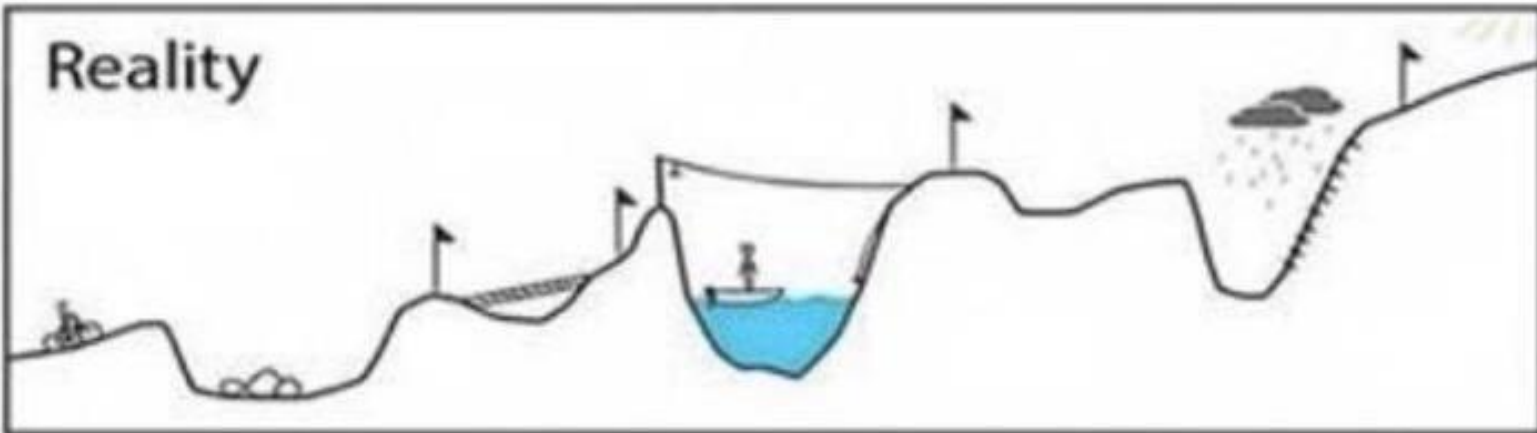
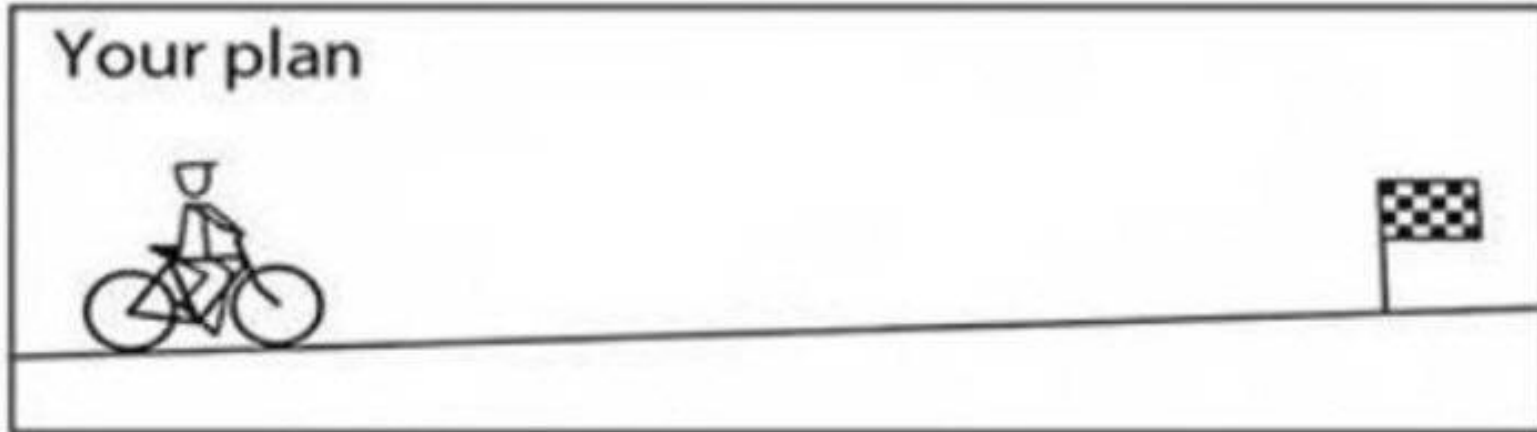


Pathway Opportunities

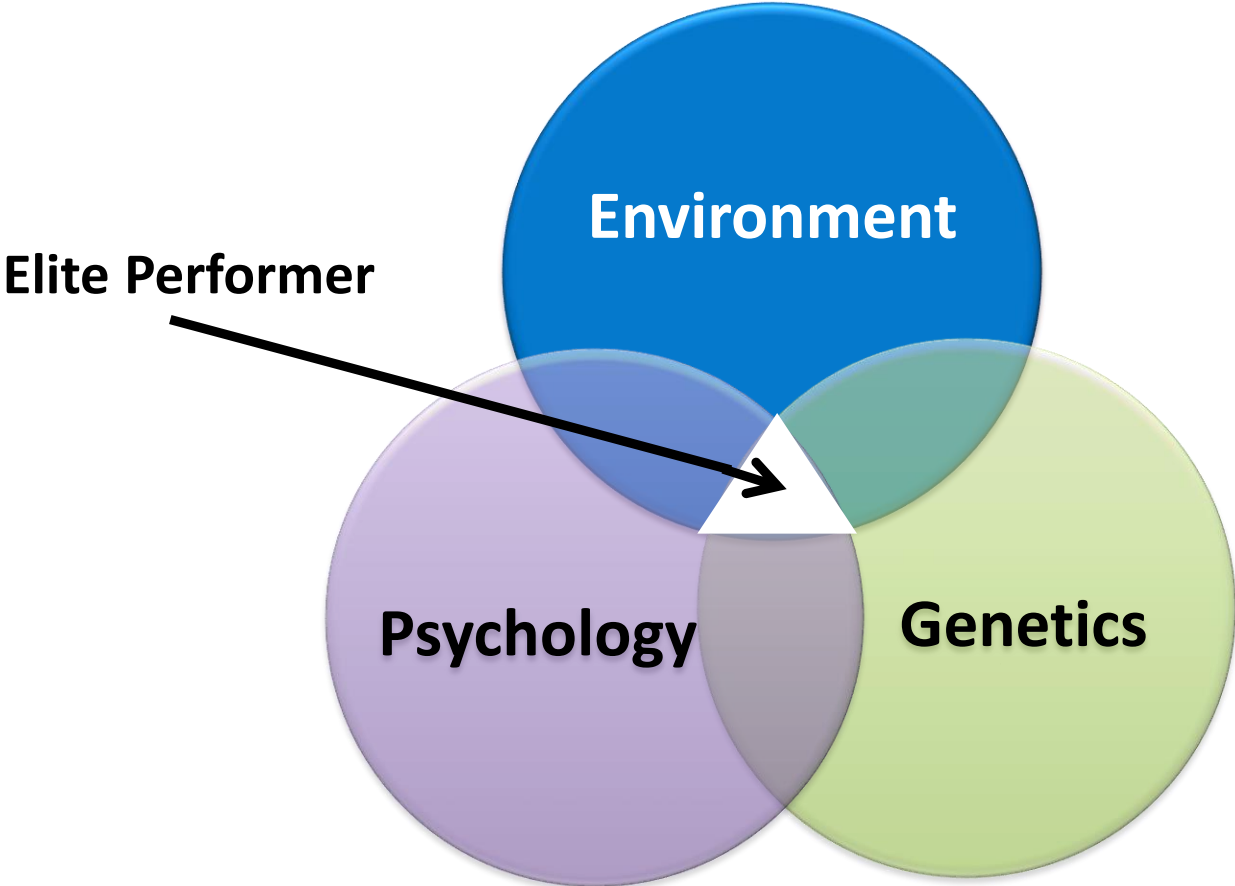
Talent Pathway



Talent Pathway – The Rocky Road



Elements of Talent



Adapted from Baker & Horton (2004)

Tools to Help Build Confidence

“Anchoring Success” – My Confidence Peaks Chart



My Confidence Peaks Chart

- **Anchoring success – place on bedroom wall/door or laminate and carry in kitbag**
- **Great for pre-game confidence reminders or when out of form**
- **Add to this MCPC as stand out performances and proud moment prevail e.g. 50, 100 or 5-25**
- **Enjoy the cricketing journey**
- **A growth mindset and positive self-talk and belief are key to**
 - (i) maximising talent**
 - (ii) performing consistently**
 - (iii) maintaining and increasing motivation**
 - (iv) dealing with setbacks**



John Simpson My Confidence Peaks Chart

“Anchoring Success” - My Confidence Peaks Chart



Pre-Game/Over Positive Self-Talk for Distraction Diversion

PRE-MATCH/OVER (when time to think too much)

**“I’ve trained hard, I feel good”
“I want this challenge today”
“I’m going to enjoy this, have fun”
“I’m relaxed and ready for action”
“I’m loose, ready, let’s go”
“Let it flow, let’s go”
“Just do it!”**



THIGH PAD CHALLENGE

Think up some words, a slogan, a small phrase and write it on your thigh pad, bowling boots, WK gloves as a PERFORMANCE PROMPT....put thigh pad in last in kit bag. Your self-talk statement is right there when you open your bag or train. AVOID BATS/GLOVES – set yourself up to be sledged!!!!



Dealing with Setbacks

Common Responses to Mistakes (Failure):

- **Not seeing the learning (fixed mindset)** “I never bowl well here!!”, “I’m not an opener”, “I hate chasing”
- **Blame** – “it’s someone else/thing’s fault e.g. pitch, umpire, opponent so I’m going to sulk
- **Catastrophising** “I’m out so I must be a poor batter. I’m just no good anymore”
- **Dwelling** – got out for 0 in 1st innings, still sulking about it in the second innings and get out for 0 again!!
- **Negative & Defeatist Self-Talk** – “I’m just no good, I hate this game/wicket”
- **Spiraling Emotions** – don’t recognise my emotions and cant “snap out of it”.
Anger/sulking/outbursts/drama/attention-seeking
- **Unprofessional Behaviour & Body Language** e.g. “Strops”, Throwing bat/gloves, kicking stumps down, Man Utd’s Eric Cantona kicking spectator

BIG QUESTION: are these behaviours helping? If not, why do them?

LEARNING: ensure behaviour helps performance, rather than hindering it

RECOGNISE

ACCEPT

LEARN

PARK IT

NEXT BALL

PERFORM

LEARN

Building GRIT & Resilience

Daily Building of Resilience



**Toughest Over Of Test Cricket
Bowling By Shane Warne**



GRIT is “perseverance” & “passion”

PERSEVERANCE

Degree of strength of will or perseverance

Quiet determination to stick to a course once decided upon

Tendency not to abandon or avoid tasks in the face of obstacles

Perseverance, doggedness, tenacity

PASSION

Degree to which work with distant objects in view

Working towards a definite goal

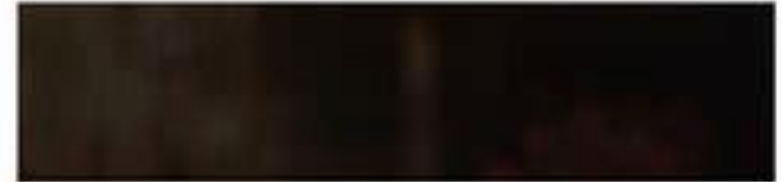
Tendency not to abandon tasks from mere changeability

Not seeking something fresh because of novelty.
Not looking for a change



GRIT – Tips for Developing GRIT & Resilience

- **STOP THEM BEING LAZY!!!!!!** – *what will I do to break the path of least resistance?*
- **ENCOURAGE TOOLS THAT GET THEM GOING:**
 - Music, water
 - A motivating video e.g. Rocky IV, Ashes
- Help them get **CLARITY** on their goals – *what do they want? What can they do now? Help them follow a plan*
- **PRIME ENTHUSIASM** every day – *help them see what they can get excited about today?*
- Help them schedule/**BLOCK TIME** for it – *if you don't schedule time you won't get it done! When will they do it?*
- **ENLIST YOUR BROADER TEAM**
 - coaches
 - parents
 - team-mates
 - friends
- **HELP THEM SET THEIR ENVIRONMENT** – *what do they need to prepare? What do they need to be ready?*
- **SUPPORT THEM TO RECOVER QUICK IF THEY SLIP UP** *get back on the rails; do not de-rail; HELP THEM RECOGNISE THE DIFFERENCE*

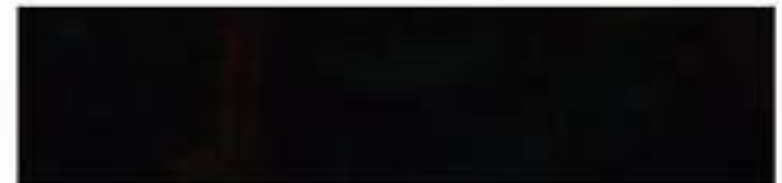


The natural tendency of all human behavior is toward the path of least resistance.

When you resist this tendency, you become stronger and more powerful.

Brian Tracy

PICTUREQUOTES.COM



PICTUREQUOTES

GRIT and Critical Moment Success

“If you don’t practice GRIT, you don’t deserve success” *Michael Clarke*



Wellness “Top 10” – keeping happy, energised and feeling good

“Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving” Pfizer

- **POSITIVE SELF TALK** “I wake up each morning and attack the day” & “Goal achieved “
- **POSITIVE “SMART” GOAL SETTING”** – tick off for sense of satisfaction
- **BREAKS TO “SWITCH” OFF & “RE-ENERGISE”**
- **EXERCISE MAKES YOU FEEL GOOD** fresh air/even a walk/fitness stretch goals
- **HYDRATED** “little and often”
- **BALANCED, VARIED NUTRITION** – notice what makes me feel/work better. Beware too many simple sugars. If you’re going to add more to the plate, do so with vegetables
- **“ADD TO THE FAMILY POT”** be humble, tidy your room, help wash up, prepare meals
- **NOTICE YOUR MOOD** “Thrive” NOT “Survive”
- **MODERATE SCREEN TIME** (avoid late in day)
- **BE PROUD OF WHAT YOU’VE DONE!!!**



Process not Outcome

Process not Outcome

- Technical skill nature of cricket
- 13-18 stage of pathway
- Avoid “Paralysis by Analysis” but help with awareness
- Avoid “Traffic” at key moments (know “push/pull”)
- Managing energy – switch on/off – nutrition/hydration
- Ask more questions about process e.g. feel/differences
- Car journey/pre-game help them remember past good games, help them feel good
- Car journey/post-game help them reflect on processes



Process Questions to Help Reinforce

Batting:

- How was your game plan against pace/spin today?
- I saw you use your feet well today – how did you feel?
- What did you notice about the bounce in the pitch today?
- Which shots were on against that leg spinner?

Bowling:

- How was your run –up feeling today?
- I saw you bowl your outswinger well today – how did it feel?
- What did you notice about the opposition batters today? Where were they looking to score off you?
- How well did you get through your action today?



Fielding/WK:

- How was your anticipation?
- I saw you dive well today – how did it feel?
- What did you notice about your throwing today?
- Tell me about that great catch you took?

Reflections

What is one word to describe how you will approach being a cricket parent going forwards ?

In the chat, type one word that represents how you will approach it



Performing Under Pressure

Support what they do
before the match/situation



Give them **Space** to take
responsibility **in** the
match/situation



“Performing Under Pressure & Resilience – Top 10”

1. Nail the Critical Moments
2. Be Mentally Tough – live the 4 Cs
3. Be Proactive to be Consistent
4. There’s No “I” in Team
5. Behave like a Pro
6. Do the 1%ers Consistently Well
7. Learn from Past Performances
8. Daily Building of Resilience
9. Exude and Show Confidence
10. Have Humility and Be Humble



Worst & Best Outdoor Transitions



The Worst Things You Can Do for Outdoor Transition

1. Only focus on outcomes goals (runs/wickets)
2. Think talent alone will get you success
3. Leaving/missing practice
4. Batters – play indoor shots, shot-a-ball mindset, not practicing on grass
Bowlers – not getting acquainted with run-ups, striving too hard for the ultimate ball/wickets
5. Not practicing catching or throwing
6. Inconsistent routines & not really bothered
7. Over-thinking in games
8. Don't reflect on each game
9. No planning of workload, hotspots, let teams down at last minute when exams appear
10. Bottling pressure moments, leaving it to others



My Strategy – Top 10 Tips for Outdoor Transition

1. Process goals going into games
2. Confidence from practice & MCPC
3. “Get nervous early”, don’t leave it!
4. Batters – “bat long”, time in the middle, practice feeling the middle
Bowlers – “rhythm”, feel for length, run-ups, feeling, release from fingers
5. Catching confidence from practice
6. Consistent routines (pre-game prep + pre-delivery)
7. Keep it simple (avoid “traffic”), avoid “paralysis by analysis”
8. SWOT reflect on each game
9. Life workload, hotspots, “stay cricket sharp”
10. Enjoy and relish pressure moments



Summary



1. Top Tips “Session within a Session”
2. Recognising and Supporting Challenges
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Exercise

Write down 3 specific actions you will commit to do differently to help maximise your son/daughter's talent.....type it in your phone....refer to it...reinforce it...achieve it!!!

Balance

Perspective

Consistency



Further support

Resources

Book – “Raising Boys” - Steve Biddulph

Book – “Talent Development” – Dave Collins Aine MacNamara

Book – “You Are Awesome” – Matthew Syed

Website / Twitter – WWPIIS “Working With Parents In Sport”

www.non-perfectdad.co.uk - Richard Shorter