



CRICKET NSW

CONTROL THE CONTROLLABLES

FACTORS WHICH I CAN CONTROL

- * **WATCHING THE BALL**
- * **THE NEXT BALL**
- * **MY EMOTIONS**
- * **MY TECHNIQUE**
- * **CONSISTENT ROUTINE**

KEEP MY FOCUS OF ATTENTION HERE!!!

FACTORS OUTSIDE MY CONTROL

DO NOT CONCERN MYSELF WITH THESE THINGS

HOW ARE OTHER PLAYERS PERFORMING

THE OUTFIELD

THE QUALITY OF THE OPPOSITION

THE STATE OF THE PITCH

SLEDGING

THE WEATHER

UMPIRING DECISIONS

WHAT THE SELECTORS THINK ABOUT ME