

CHALLENGE 15

ABOUT ME - Getting ready for a weekly coaching session or match

- Before we all go to weekly coaching sessions or a match we all have some kind of routine or checklist to go through to make sure we're ready for the few hours or day ahead, when about to play cricket.
- Can you list/collect everything that you need to wear and take to a session or match and get them ready?
- If possible, could you get ready to play and take a photo?
- Could you do one of the weekly physical activities set by an England player in your cricket gear and show us?
- What food and drink are you going to take with you for before, during and after the session or game?
- What did you learn from your last session or match that you're going to take into your next coaching session or match?
- What do you want to improve on in the upcoming session or match?