

2019

ADVANCED CAMP DIARY



TENDULKAR MIDDLESEX
GLOBAL ACADEMY

WELCOME TO YOUR TMGA CAMP DIARY.

This Advanced Camp Diary is to be used throughout your camp to record your key learning and personal highlights. It is designed to be filled out by you to record your most important learning achieved through each day. There will be questions with options for you to select the most relevant answers, as well as opportunities to record other relevant key messages.



INTRODUCTION

THE CAMP

1. Sachin Tendulkar and Middlesex Cricket combine to present a 1st class, unique cricket camp experience.
2. Learn about the game, train hard and improve your performance through a world class learning programme and high level training environment which is open to all.
3. A message from Sachin: “I am delighted to be partnering with Middlesex Cricket on this new venture. The objective is not only to produce good cricketers but also good global citizens of the future. Through this association, Middlesex and I are focused on providing the very best in cricket education.”



KEY PEOPLE

TMGA

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Participant's wellbeing, satisfaction, safety and inclusion are of paramount importance to TMGA. If you have an issue, please either contact your lead coach, Head Coach, or a TMGA member of staff as appropriate.

1

RECORD
KEY
LEARNING

2

UNDERSTAND
LOG
PROGRESS

3

REMEMBER
FAVOURITE
MOMENTS

GLOBAL CITIZENS

Sachin Tendulkar and Middlesex Cricket are connected by values based on equality, performance and trust. TMGA are passionate about helping people fit into society, show interest in other cultures, look after the planet, and be good Global Citizens.

We develop players to be better people and better cricketers in a holistic and supportive learning environment.

We support players develop a strong work ethic and a love of the game through a 'want to learn' culture.

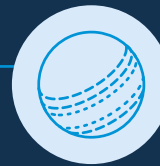
During the camp we look to develop your skills across; batting, bowling, fielding, wicket keeping and athletic movements by enhancing; technical, tactical, mental, lifestyle and social skills.



DAY 1

Theme: World Class Basics

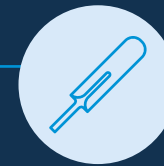
Batting, bowling, fielding and wicket keeping fundamentals. Develop as a team.



DAY 2

Theme: Combat Spin

Bowl spin, bat against spin, and develop understanding on tactics and game play with/against spin.



DAY 3

Theme: Go Faster

Bowl fast, bat against fast and swinging ball, and develop understanding on tactics and game play with/against pace and swing bowling.



DAY 4

Theme: Innovate

Its a fast moving game. Develop tactics, understand performance outcomes, and perform with all your new enhanced knowledge.

DAY 1

WORLD CLASS BASICS



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

Please pick your top 3 personal development learning outcomes from today and rank them 1 (highest) to 3.

Be a good Global Citizen

Respect to you, your development, your equipment

Respect to your peers, team mates, opposition

Respect to your coaches, supporting staff, support network (family), facilities, environment

Have a strong work ethic

Get to know my group (team) and my coaches

ORDER

2

Batting: What basics are important for your personal development? (Of your selection, rank what's most important to you)

Rotate my top and/or bottom hand grip to allow a better bat swing and improved bat face presentation on contact

Improve my posture in stance to allow for more dynamic movements

Address my Alignment to help me push my body to the line of the ball with better balance

Achieve more equal Weight distribution and improve my balance

Achieve a cleaner bat path through strike zone with fuller bat swing in all shots

Be clearer on my decision making. Know when playing off the front or back foot, and when attacking or defending.

ORDER

3

Bowling: What basics are important for your personal improvement? (Of your selection, rank what's most important to you)

Improve grip on the ball

Optimise angle and approach speed to crease

Understand sequence of movements and timings

Straighten alignment of feet through the crease

Reduce degree of sideways flexion (leaning) through ball release

Complete the action and follow through fully

ORDER

4

Fielding: What basics are important for your personal development? (Of your selection, rank what's most important to you)

Prepare with a ready position to help move dynamically for every ball

Improve posture and method of approaching the ball

Improve hand presentation on ball interception

Establish better sequence of movements in preparation to throw

Throwing slot and release position

Strengthen and develop confidence in catching positions

ORDER

5

Wicket Keeping (if relevant): What basics are important for your personal development? (Of your selection, rank what's most important to you)

Set up with a deeper squat and consistently prepare for every ball

Set up closer to the stumps and in an appropriate line

Ensure wider hand presentation on catching the ball

Strengthen posture to help faster and more dynamic movements

Understand sequence of movement to prepare the body and hands for each catch appropriately

Establish head position being close to the ball whilst keeping 1 foot anchored near to the stumps when stood up

ORDER

6

Social and Mental skill development: What basics are important for your personal improvement? (Of your selection, rank what's most important to you)

Build relationships with peers and coaches

Be open minded and give 100% every time, without fear or apprehension

Have a positive impact on surroundings as well as on results

Learn from the past. Plan for the future. Perform in the NOW.

Be a team player

ORDER



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

**Top learning points from the day:
(Of your selection, rank what's
most important to you)**

Spin bowlers at the top are
highly skilled specialists

Spin bowlers are threatening
through what the ball does in
the air as well as what it does
off the pitch.

Spinners can be influential
through economical run rate
or through taking wickets

Batting against spin can be
challenging

Each fielder is highly important
when a spinner is bowling,
therefore they have to be in
the right position and focused.

I know understand what it's
like to bowl spin and this might
be something I need to do in
the future.

ORDER

2

**Batting: What is your best way
of improving your performance
against spin? (Of your selection,
rank what's most important to you)**

Develop my set up, stance,
alignment and match scenario
requirements with my short
and long term plans

Increase range of shot options
with sweeps, advancing down
the wicket, hitting into and
against the spin

Reduce range of shots and
focus on strengths

Develop mindset based around
scoring not surviving

Adapt point of contact
position

Build lower risk and higher
control game plans and look to
execute for longer

ORDER

3

Bowling: What is important for you to be a more effective spin bowler? (Of your selection, rank what's most important to you)

Enhance grip

Improve alignment and access through the crease

Gain more access at release position to improve the way I spin the ball

Increase revolutions

Adapt pace of delivery

Change seam presentation

ORDER

4

Fielding: What are the important learning points for you when you are fielding to a spin bowler? (Of your selection, rank what's most important to you)

Stay low and dynamic ready for reaction catches

Be confident under high catches

Develop position of hands to ensure strong and large catching area presented to the ball

Improve throwing accuracy for long range throw

Develop a wider and lower base position with legs as I prepare to throw

Release the ball from a wider position and follow through fully towards the target

ORDER

5

Wicket Keeping: What do you have to do to be more effective against a spin bowler? (Of your selection, rank what's most important to you)

Make sure I'm in the best starting position I can be for every ball.

Develop attacking and ready thought process ready for dismissals

Expect and prepare to receive every ball regardless of what the batter does

Develop my sequence of movements to help me get gloves to ball smoother

Improve my leg side takes

ORDER

6

Social and Mental skill development: (Of your selection, rank what's most important to you)

Be confident in your skills

Be confident in your plans

Stay calm under pressure

Look to stand out and be the match winner

Perform your role with low risk

Communicate with all around; the plans, options, variable and threats

ORDER



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

Top learning points from the day:
(Of your selection, rank what's most important to you)

Bowlers who bowl fast with pace, bounce and swing, are highly valuable to any team anywhere in the world

Bowling fast is difficult and physically demanding

Swing bowlers can be highly effective without extreme pace

Batting against fast/swing bowling can be fun but challenging

I need to stay in control of hydration and energy by appropriate rest, sleep, drinking, and food before/during/after each day

ORDER

2

Batting: What is your best way of improving your performance against fast or swing bowling?
(Of your selection, rank what's most important to you)

Develop my set up, stance and alignment to move to the line of the ball with balance and efficiency

Learn to judge the ball first before committing to body position from which to play from

Increase range of shot options

Reduce range of shots and focus on strengths

Move quickly to the line of the ball where it arrives and have clear plans how to score and survive as appropriate

Be confident in playing short pitch as well as pitched up deliveries

ORDER

3

Bowling: What is important for you to be a more effective fast or swing bowler? (Of your selection, rank what's most important to you)

- Modify sequence of movements to be more efficient and easier to execute the delivery
- Straighten my alignment and access through the crease
- Be stronger over front leg to help more powerful delivery style
- Reduce level of lateral flexion and address release position
- Develop my craft and skill to swing the ball and/or control line and length
- Modify and manage bowling volumes

ORDER

4

Fielding: What are the important learning points for you when you are fielding to a fast/swing bowler? (Of your selection, rank what's most important to you)

- Develop comfortable position to move dynamically for diving and sideways catches when in slip positions
- Be confident at catching fast moving flat catches
- Develop accuracy for direct hit when throwing from close
- Develop a low position to approach the ball in when picking up a moving ball with 1 or 2 hands
- If the ball doesn't come to me, improve where I need to move to either support the active fielder or back up the throw

ORDER

5

Wicket Keeping (if relevant): What do you have to do to be more effective against a fast or swing bowler? (Of your selection, rank what's most important to you)

- Adapt the distance away from the stumps for starting position when stood back
- Knowing when and how to stand up versus this type of bowler
- Develop attacking and ready mindset for edges and diving when stood back
- Develop my sequence of movements
- Develop posture and catching position to help get hands and head in better position for every take
- Improve my diving and catching with sideways movement and rolling

ORDER

6

Social and Mental skill development: What is important for you to be in control with how you feel and work within your team? (Of your selection, rank what's most important to you)

- Enjoy learning new skills
- Love all aspects of cricket
- Enjoy building stronger relationships with players and coaches.
- Be clear on my journey and my development respecting my strengths and points of difference
- Look to dominate in my strengths
- Keep having fun

ORDER

DAY 4

INNOVATE



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1 Top learning points from the day: (Of your selection, rank what's most important to you)

Innovation is vitally important

The game is changing very quickly

Innovating can be fun

Innovation can be risky for performance

Be open minded to change and try new things. Know that mistakes and failure are normal part of learning

Copy other players and invent your own style and skills

ORDER

2

Batting: My most effective way of innovating is: (Of your selection, rank what's most important to you)

ORDER

Invent different solutions to problems

Being fearless with my approach

Learning which variations are more consistent for me

Adapting my basics of performance

Practicing my skills in the right environment

Be aware to speed/style of delivery and how that influences of innovation

3

Bowling: My most effective way of innovating is: (Of your selection, rank what's most important to you)

ORDER

Invent different solutions to problems

Being fearless with my approach

Learning which variations are more consistent for me

Adapting my basics of performance

Practicing my skills in the right environment

Be aware to speed/style of delivery attempting and where I might need fielders for wicket taking and for protection.

4

Fielding: Which fielding skills are important for your learning today? (Of your selection, rank what's most important to you)

ORDER

Be confident in catching 1 handed catches (and confident in 1 handed pick up and throws for ground fielding)

Try to practice boundary catches more to help me keep my feet in the boundary while the ball is travelling over it

Learn how to catch every high ball with awareness of who is near me so I can pass it to them if I need to

Have fun with experimenting and trying new fielding skills. Fielding is about taking wickets not just stopping boundaries

Take the positive attacking option instead of the defensive and negative choice. Have confidence in your skill and ability to allow exciting plays.

Practicing my skills in the right environment

5

Wicket Keeping: My most effective way of performing well and innovating: (Of your selection, rank what's most important to you)

Ensure that I prepare well and try to keep a clear view of the ball regardless of how the batter moves

Try to reduce time between catching the ball and taking the bails off

Make sure to secure the ball in hands before taking bails off

Copying what I see others do and finding out what may work for me

Practicing my skills in the right environment and learning which I'm best at

ORDER

6

Social and Mental skill development: What is important with innovation for me and the people around me? (Of your selection, rank what's most important to you)

Failure is a natural part of trying and learning new skills

Failure is important to help players understand their performance capabilities

Understanding my own process of learning and that it can be different to others. So not to judge someone else, rather respect their approach.

Being open and growth minded about learning new skills is important and innovation has a part to play in all learning of new skills.

Develop innovation through unstructured play as well as structured play

Be confident at innovating and using new methods in games in the right environment

ORDER

TRAINING DIARY AND EXTRA LEARNING

Use this space as an opportunity to record any additional: thoughts, feelings, emotions, outcomes and aspects of performance you experienced.

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Key Learning

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Favourite Moments

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PERFORMANCE LOGGING

1. Learning from match play and training
2. Record key outcomes and moments in training
3. Training is fun. Value it. Perform in the middle.

What have you learnt from other people? _____

Learning outcomes and performance training notes _____

Who do I need to communicate with? To be; challenged, supported, educated, inspired and/or reassured by.

What am I struggling with at the moment? What questions do I need to ask someone?



POINT OF DIFFERENCE

What makes me different? _____

What are my strengths? _____

Which other high profile players have a similar strength in their game?

Big moments and Career Highlights so far