

ANNUAL PLAN 2012-13: *(an example from one of our umpires)*

SELF ANALYSIS:

- **STRENGTHS:**

- Honest analysis of performance.
- Calm relaxed approach on the field.
- Switch on switch off.
- Game awareness. (Interaction with players when to and not too)
- Physically fit, young.
- Decision making both on and off the park. (Ground light and weather)
- Enjoy umpiring.

- **WEAKNESSES:**

- Paperwork!
- Time constraints with other facets of life.
- Dominating teamwork decisions. (Ground light weather, need to let partner take control more.)
- Put pressure on myself to be perfect.
- Internal pressures.
- Confidence

- **OPPORTUNITIES:**

- Maintain high standard of umpiring both on and off the field so ICC take note of my umpiring ability.

- **THREATS:**

- Negative mind frame
- Work commitments
- Family

GOALS:

- **SHORT TERM:**

- To continue working on mental approach I initially started in Dubai (March 2012). More relaxed pre game, processes during game and self analysis after every day.
- Setting game goals.
- Complete paper work.

- **LONG TERM:**

- High quality standards (pre-game, during game, after)
- Confidence.

STRATEGIES TO ACHIEVE GOALS/OBJECTIVES:

- Consistent routines both on and off park.
- Key ingredient is paper work so I can build dossier and hopefully learn from where I went well and where I need improvement. Finding key indicators to improving optimum mental state
- Keep up skilling knowledge - attend national and provincial conferences etc. networks.
- Read appropriate books (Mental strengths)
- Stand in local cricket, hone techniques.
- Relationship between all areas of life (Work, home, umpiring)
- Enjoyment!
- Attend net sessions to practice decision making.

SKILL DEVELOPMENT ACTIVITIES:

- **PHYSICAL**
 - Remain fit throughout winter leading into season.
 - Regular eye exercises.
- **MENTAL**
 - Keep up skilling coping strategies.
 - Acknowledge when under pressure and techniques to cope with situation.
 - Cricket related literature.
 - Visualisation
- **PERSONAL**
 - Balance life to keep all parts on even keel. (Family, Umpiring, Work)
 - Positive outlook.

CONTINUOUS IMPROVEMENT PLAN:

- **CYCLE**
 - **PREPARATION**
 - Laws and playing conditions reading (diary)
 - Fitness dietary regime (diary)
 - Umpiring local level.
 - Net sessions prior to season (ball watching and routine enhancement.
 - Attend umpire meetings (network building)
 - Utilise previous self-assessment as catalyst for goals next match.
 - Set match goals.

○ **PERFORMANCE**

- Each match as opportunity to succeed.
- Faith in on field routines
- Strong work ethic
- Professional in all aspects
- Have good communication with PCT, other referee/ umpire/ players/ scorers/ groundsman etc.
- Project strong positive body language and image.
- Confident in own ability
- Enjoy.

○ **REVIEW**

- Self-assessment each match
- Honest analysis of performance.
- Submit self-assessment in a timely manner.
- Accept constructive criticism.

I see this season as an exciting opportunity to continue something I enjoy doing. Last season was my first season I had some small issues. Hopefully from those disappointments I can take some key points and put it into my umpiring this season.

The goal this season is to be positive. Enjoy the opportunity that I am lucky enough to have and take the good with the bad.