

MATCH WEEK TOOL

Round One Readiness Checklist

Demand -> Exposure -> Response -> Adjustment

PLAYER: _____ ROLE: _____ MATCH: _____

1. DEMAND

What might the match ask of me?

- ☐ Match length and likely role are clear.
- ☐ Bowling overs or spell demands are realistic.
- ☐ Batting, running and fielding demands are considered.
- ☐ Throwing, sprinting and time on feet are included.

2. EXPOSURE

What have I done recently?

- ☐ I have completed role-specific cricket work.
- ☐ I have reached useful intensity, not only drills.
- ☐ Match footwear and surface exposure are familiar.
- ☐ The jump from training to match load is reasonable.

3. RESPONSE

How did my body respond?

- ☐ Symptoms stayed acceptable during training.
- ☐ Soreness settled later the same day.
- ☐ I was close to baseline the next morning.
- ☐ No new swelling, weakness or loss of function appeared.

4. ADJUSTMENT

What should change this week?

- ☐ Any missed preparation is reflected in my role.
- ☐ The hardest work sits earlier in the week.
- ☐ Pre-match training leaves me prepared, not flattened.
- ☐ I know what I will change after Round One.

MY ROUND ONE PLAN

Likely role / workload: _____

One adjustment this week: _____

QUICK DECISION

GREEN Role and recent exposure match well. Proceed with the planned role.

AMBER Preparation is incomplete. Modify role, volume or intensity rather than catching up late.

RED Persistent or worsening symptoms, weakness, swelling or unclear injury. Seek appropriate assessment.

After the match: What surprised me? What became sore? What held up well? What changes next week?

General information only. Individual injury and return-to-play decisions require appropriate clinical assessment.