

## North West

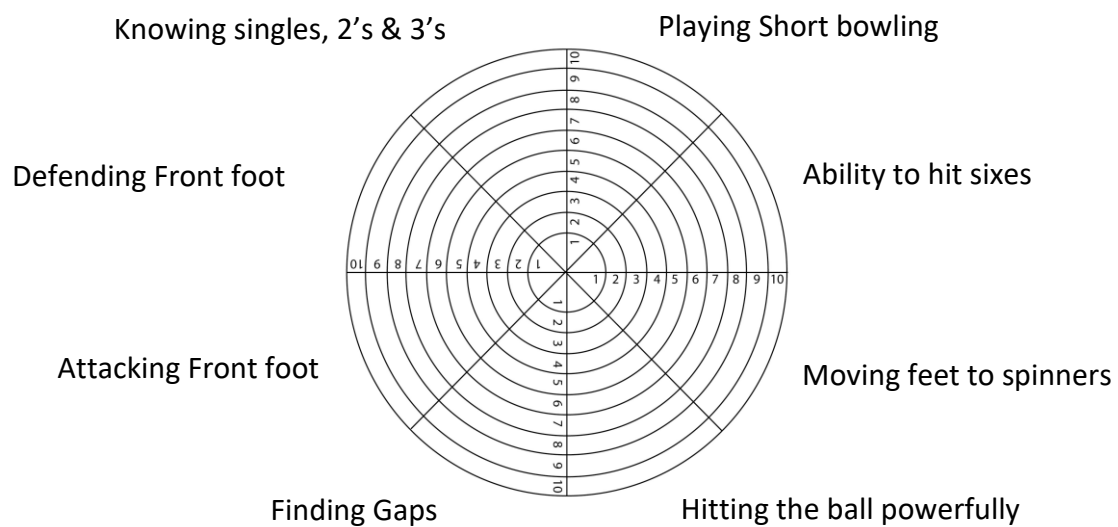
### Self-Reflection Notes

Player:		Date:	
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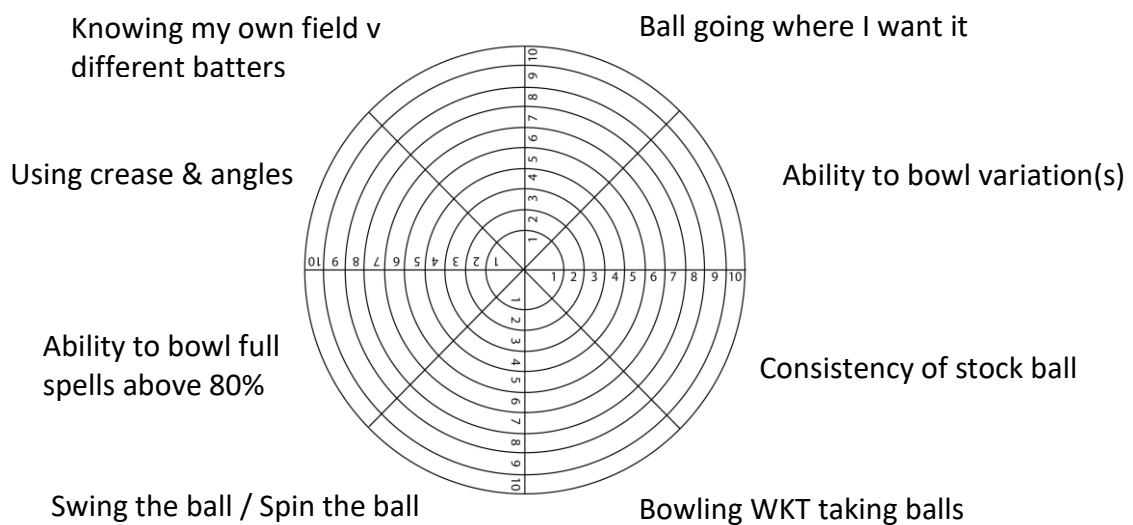
**score yourself out of 10;** (1 = not great/not at all – 10 = Exceptional/a lot)

**Note:** This is just a method of reflecting on your perceptions or your abilities & does not need to be shared with coaches.

#### **Batting Technical**

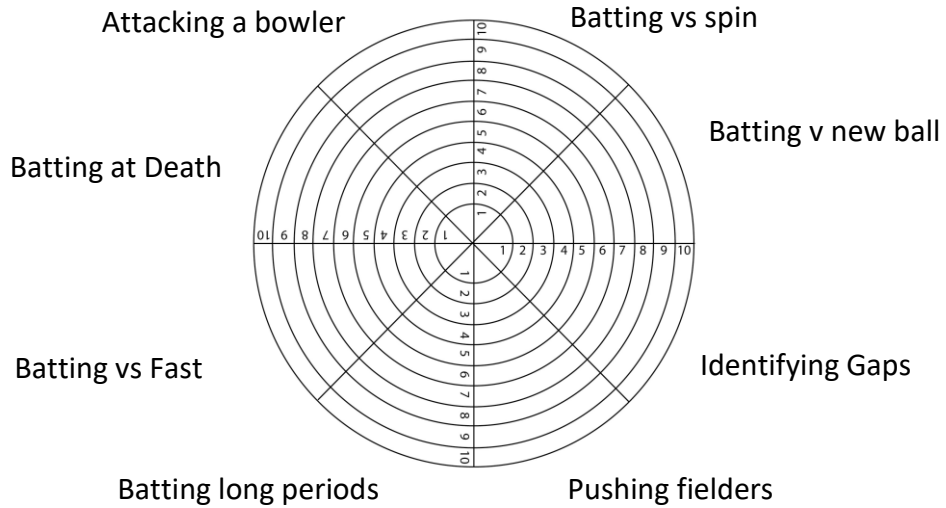


#### **Bowling Technical**

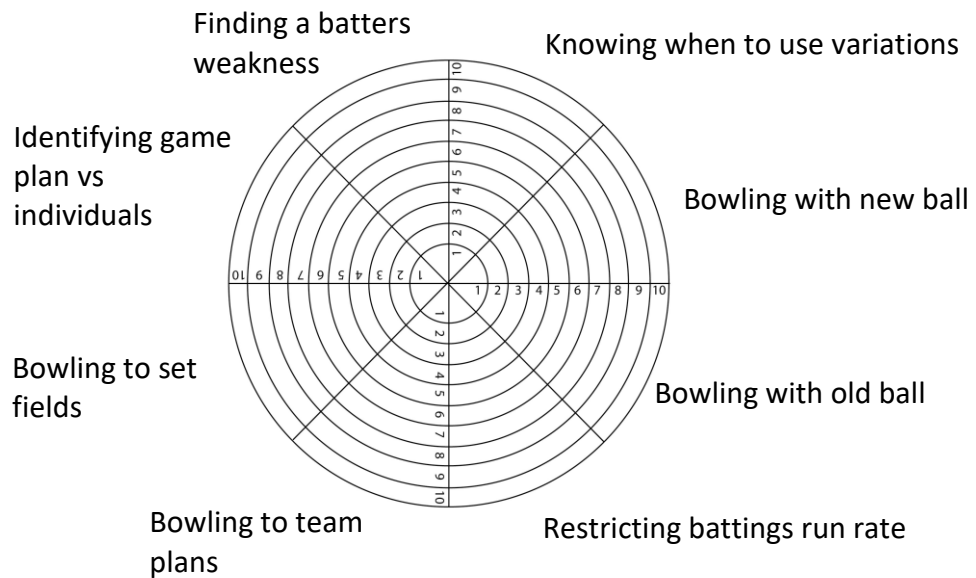




## Batting Tactical

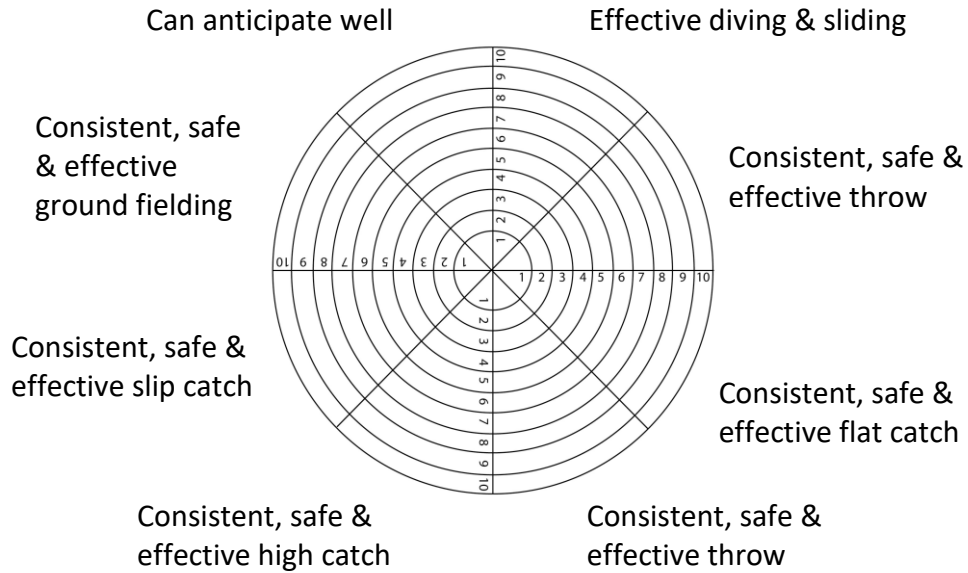


## Bowling Tactical

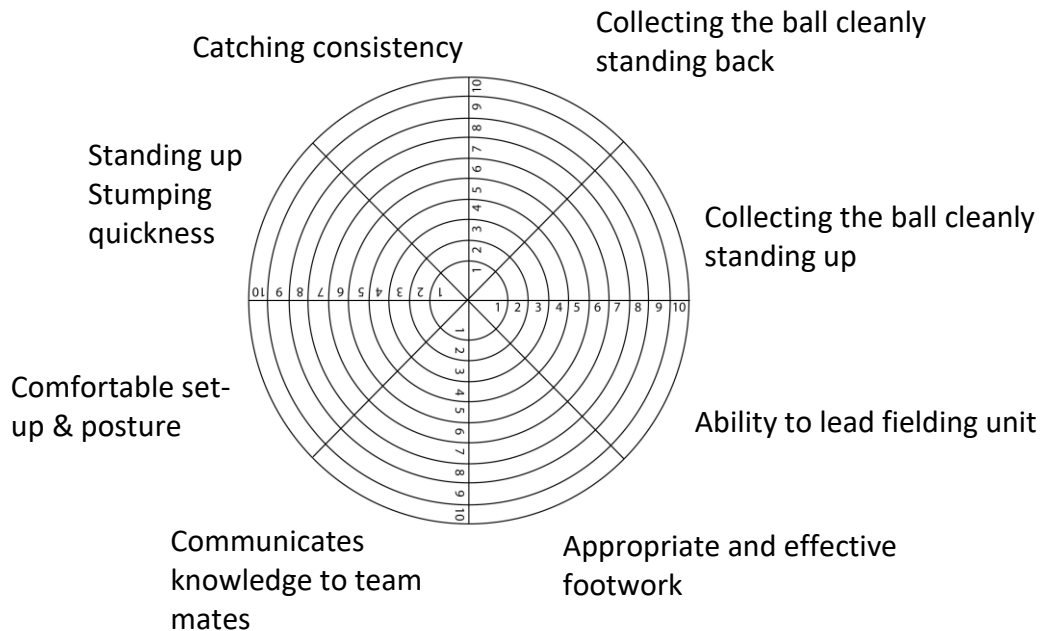


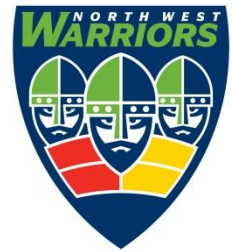


### Fielding Attributes

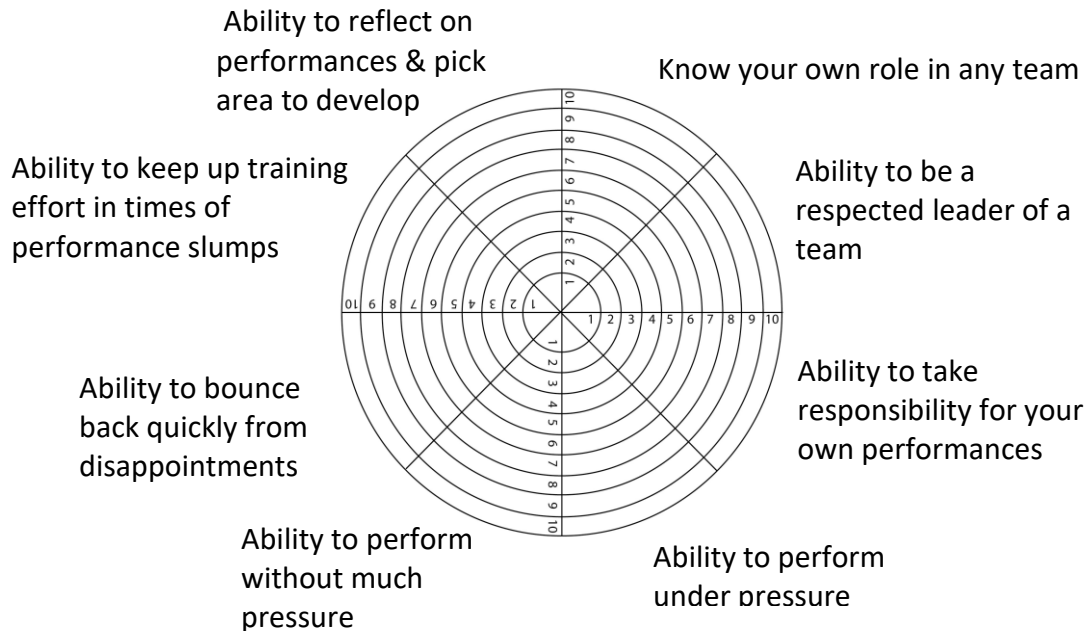


### Wicket Keeping Attributes





### Personal Attributes



### Challenges affecting Performance

