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| Raw Data(103) | Lower Order Themes (12) | Higher Order Themes (4) |
| Freedom/no repercussion practice (3)(Modern day) willingness to use white ball practice to try things Can ‘have a go’ at white ball cricket and it doesn’t matter if it doesn’t go well (2 – acceptance)Players developing more variety/options‘Have a go’ practice – Invent something (Innovative) (Explore) [3???]Short white ball formats have allowed/created environment for people to try things Players use their instinctsCoaches only stepping in in players play shots out of the blue Enjoyment factor in white ball practice Individual Approaches (to training)more fun (to training) | Creative/Free/’Have a go’ white ball practice | Approaches to skill acquisition and retention |
| Game related practice (more outcome based)Progression into game related practice Using scenarios in white ball cricket Practice with a game outcome (e.g. hit to the boundary)White ball practice with a game ‘angle’ on it Practice replicating the match (International level) Importance of practicing with intensity and replicating the game (3)Judging success – moving from internal (personal) to external (have I beaten the fielder?)Using scenarios – with field positions | Open/Game related white ball practice  |
| Shift change in attitudes – breaking with tradition More importance being placed on white ballCoaches moving from ‘a plan’ to ‘let’s see’Breaking with tradition of old white ball approach Attitude to T20 has changed over the last 15-20 years Change in expectations of the players Change in approach to ‘stages of the game’ Change in repercussions for players getting out in white ball cricket In the past white ball cricket was ‘an add on’, modern day players learn white ball first Current approach used to be the exception to the rule Holistic training approach to white ball (physical) Route to be successful has changed Higher expectations of players skill levels in order to be ‘on a level’ with other players (e.g. staying ahead of the game) | Breaking with Tradition in white ball cricket  |
| Increasing quality of practice (to make it as match like as possible) and representative Representative/Variable practice  | Representative white ball practice |
| Specificity of (batting) practice – blocked practice Repetition of shots (in practice) to justify applying skill in a game Increase in specificity in recent history (2) (e.g. ball striking) Issues around execution as opposed to decision making/shot selection | Repetitive white ball Practice |
| Historical approach to batting was ‘bat time, bat all day’ Reb ball cricket is about discipline (4)Drill based practice in red ball (feel good practice) | Traditional approach to red ball |
| Batters get judged more in red ball (no hiding place)Consistency of skill (more) important in red ball cricket (2)Red ball about longevity and patience (2) (and concentration)More pressure in red ball cricket (2)Red ball game more technical that white ball (3) | Increased demands of red ball |
| Experienced players can lead the practice and conversations however younger players can’t Younger players ‘don’t know their game’ Working with the coach to drive practice Learning from (other) expertsCoach giving the player technical changeCoach leading the technical change (and then player buying in) Technical input decreases as you progress Young players who are able to drive their own practice are a rarity  | Knowledge passed down from experts to novice in red ball cricket  |
|  Do players really care about batting all day? Issues with practicing at county vs. international level [Time available]Limitations to county level practices [Resources available]Issues for bowlers practicing without an outcome (Total) change taking a long period of time however putting unto match practice in the short term Issues with becoming a net batter  | Challenges to practice | General considerations of skill acquisition and retention |
| Lack of players spending time practicing specific skills (because of the flicker they don’t spend time on machines) Players getting comfortable with practice that doesn’t help them improve [Lacks specificity] | Poor practice by players |
| Practice in-season is shot specific/targeted to performing in what you’ll face tomorrow (due to nature of fixture list and time available) (Day before match) practice is about what you’re going to face in the game Ultra-specific practice in prep to face one member of the opposition Changing/developing your game once you’re known by the opposition Opposition can take away your options in red ball but more difficult in what ball  | Opponent specific practice |
| Honesty is the only way you can learn Trust in the coach-athlete relationship (2) Importance of being mentally right  | Inter/Intra personal factors that underpin the process |
| Opportunities for players to do ‘what they want to do’ in some practice sessionsPlayers allowed/encouraged to work/practice in the manner they like Better players to their skill work in the week/time before a game – not on game day The performance impacts/importance of having ‘the right’ culture Winter focus depends on how the team did last year in each format Winter prep is geared up for red ball and can fall behind on white ballIntegrating practice time into the holistic view of (professional) cricket [e.g. travel, rest][Historically] Using pre-match warm up (batting) to double up as practice time/skill development  |  | The Programme |