



What if pitching was an Olympic event?

Matt Barker

who trusts us



it's all about the result



results come from...



before: predict – prepare – practise
after: review – learn – feedforward



predict

- what does success look like?
- what are the playing conditions?
- what's the competition?
- what's helping us? what's hindering us?
- what do we need to be ready for?

build readiness



results come from...



Before: predict – prepare – practise
After: review – learn – feedforward

pitch perfect

- better prepared – predict, prepare
- improve performance through deliberate practise
- review, learn and feedforward - part of the process



how will you choose to perform?

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