

THE 24-BALL SESSION

NETS DON'T TRAIN YOU FOR GAME DAY. THIS DOES.

WHAT IT IS

How I train a skill to hold up under pressure. Pick one skill, then win the ball three ways: 6 of 24, 6 in a row, 12 in a row on a clock. Each phase adds pressure, so game day isn't the first time you feel it.

1. PICK ONE SKILL

I WIN THE BALL WHEN

One thing you can check every ball. Like "my hands roll over the ball". Not "play the sweep".

2. RUN IT IN THREE PHASES

6

OUT OF 24

Any six, any order. Miss a few. Take your time.

6

IN A ROW

Miss one and you start again. Treat it like an exam.

12

IN A ROW, ON THE CLOCK

Reset, set, ready, every ball.

The clock: 8 seconds between balls for a skill against spin, 15 against pace. In a game, the bowler is running in whether you are ready or not.

3. LOG IT

DATE	SKILL	PHASE	RESULT

Play all 24, every time. Even if you hit your number early. Bowlers: count deliveries, not balls faced.

NOW WHAT?

TAKE IT TO YOUR NEXT NET.

KEEP IT COMING

JOIN THE FREE COMMUNITY

New drills and sessions land there every week. Players only.

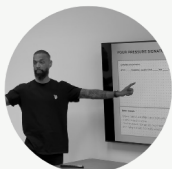
Join at 22unlocked.com/join

See how 22Unlocked works →

The app built around this same thinking.

Work with me 1:1 →

Playing state, premier or above? A short call to see if it's a fit.



Nik Badkundri

Cricket Mental Performance Expert

At 15, I wasn't selected. I had the skill. I couldn't find it when it mattered. So I built 22Unlocked, so no player has to walk off thinking "I know I'm better than that."