

THE 5-MINUTE PRE-GAME

YOU WALK OUT WITH TEN INSTRUCTIONS. TAKE ONE.

WHAT IT IS

Five lines before you walk out: what's in your head, your job, the trap, your response and one cue. One cue beats ten instructions.

The game

opponent, date, format

My role today

batting, bowling, fielding, all of it

1

CHECK IN what is in my head?

What is taking up space right now? Name it. Don't judge it.

e.g. nervous about my first ten balls

2

NAME THE JOB what does my role need today?

Not what you have to prove. What are your decisions? Got a Green List? Play your greens. No list yet?

22unlocked.com/green

e.g. bat 3. See off the new ball, rotate, then build

3

SPOT THE TRAP what pulls me off it?

The thing most likely to take you away from the plan.

e.g. protecting my wicket after a quiet start

4

PLAN THE RESPONSE if / then

If I notice _____, I will _____.

e.g. replaying the last ball: take my reset, go to my cue

5

PICK ONE CUE one word, not five

One short word you can say on the field and mean.

e.g. "Next ball."

Same time every game. The car, the changeroom or the nets. You can't control how the game goes. You can decide how you respond to it.

NOW WHAT?

TAKE IT TO YOUR NEXT GAME.

KEEP IT COMING

JOIN THE FREE COMMUNITY

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

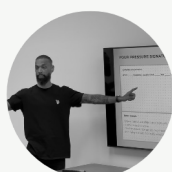
Join at 22unlocked.com/join

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."