

THE 8-SECOND RESET

BETWEEN BALLS IS WHERE THE INNINGS IS WON OR LOST.

WHAT IT IS

A three-part routine for the gap between balls: say it, move it, cue it. Use it when something changes, so one bad ball doesn't become five.

1. PICK YOUR MOMENT

My moment

after five dot balls, beaten outside off

What happens to me

body, breath, thoughts. One sentence

Be specific. "When I get nervous" is too big to fix. "After five dot balls my chest tightens and I play a shot that wasn't the plan" is something you can change.

2. BUILD YOUR THREE STEPS

Say it

PROCESS THE BALL

Under a second. Three or four words about the ball, not about you.

My phrase

"Ball gone. Next ball."

Move it

BODY AND EYES

Change your body, then what you look at. A squat, a breath, the sky.

My move and look

squat, stare at the ground

Cue it

LOCK BACK IN

Three or four words you believe. The last thing before the bowler delivers.

My cue

"Watch the ball."

You don't need it every ball. Use it when something changes: a wicket falls, you get beaten, someone chirps, you come back from a break. Examples only. Yours will be different.

3. LOG IT

DATE	MOMENT	RESET USED	RESULT

Short beats clever. Your cue has to be true. Run it in your head first: eyes closed, go to the moment, run all three.

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.

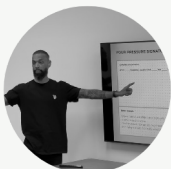
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See how 22Unlocked works →

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."