

THE COMEBACK PLAN

SIDELINED IS WHAT HAPPENED. IT'S NOT WHAT YOU ARE.

WHAT IT IS

Separates the facts from the story you tell yourself, then gives you one conversation, one focus and 14 days. For being dropped, overlooked or injured.

What happened

dropped, overlooked, injured

Since when

date or round

1. FACTS AND STORY

The facts

What you know for certain. Injured: only what your physio has said.

The story

What you tell yourself it means. It feels like a fact. It isn't.

2. THE ONE CONVERSATION

Who

coach, selector, physio

My one question

"What would you need to see from me to pick me?"

3. MY PLAN

One cricket focus

One action

One mental focus

4. MY NEXT 14 DAYS

DAYS 1 TO 3

DAYS 4 TO 10

DAYS 11 TO 14

5. WHEN IT FEELS POINTLESS

6. FRIDAY REVIEW

What did I follow through on? What did I learn? What changes next week?

Injured? Follow your physio and coach on every return-to-play step. This plan is for the mental side only. Anything you do on the field has to be cleared first.

NOW WHAT?

START WITH DAY ONE.

KEEP IT COMING

JOIN THE FREE COMMUNITY

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

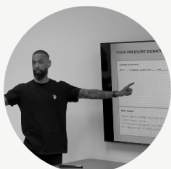
Join at 22unlocked.com/join

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."