

THE GREEN LIST

STOP TRYING TO BE GOOD AT EVERYTHING.

WHAT IT IS

A list of what you can do eight times out of ten, so you build your game on it. Fill it in once. Train it every week.

1. YOUR GAME

Format

red ball, T20, one day. Pick one

My role

opener, middle order, pace, spin

Be specific. Not "pull". Write "pull, rib cage high". Batters: stabilise 0s and 1s, rotate 1s and 2s, apply pressure 2s and 4s, change the game 4s and 6s. Bowlers: stock ball, variations to a right-hander, to a left-hander.

2. SORT IT

Green

80% TO 100%

You get it right eight in ten or more. Your game lives here. Train it four sessions in five.

Amber

30% TO 79%

You can do it, but you can't count on it yet. One session in five.

Red

UNDER 30%

Not yet. Park it for now, then build it. A red can become an amber, then a green.

The 80/20 week: four of your five sessions, train greens only. Get so good at your strengths that they hold up on game day.

No one is 100%. 80% is the standard. Name the shot. Specific wins. Then train it in the 24-Ball Session: pick a green, then win the ball.

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.

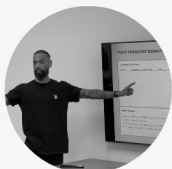
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See how 22Unlocked works →

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."