







BOX THEORY BATSMAN'S SCORECARD

Track your still head + compartmentalisation
– one over at a time.



Ball # 	Head Still (1-5) 	Compact Backlift (1-5) 	Compartmentalise (1-5) 	Total (12-15) 	Notes 
1	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____
2	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____
3	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____
4	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____
5	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____
6	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	1 2 3 4 5 □ □ □ □ □	□	_____



POST-OVER REFLECTION



What left your box? _____



One fix for next over _____



Free download – train like ABD.

Keep your head still.
Keep your mind in the box.