

FINALS - JUST ANOTHER GAME OF CRICKET?



With many competitions going into their last weeks of the seasons fixtures and teams battling it out for the last few spots, we take a look at whether we put too much importance on the word FINAL or is it just another game of cricket

NO SECOND CHANCES



The word FINALS is such a confronting word, no second chances, this is it can't come back and try again next week. Is this why we treat these games so differently?

For those teams competing in the finals, it is a great sense of accomplishment, having played consistently well through the entire season and having earned a spot to challenge for top honour.

Many seem to think that they need to change things up instead of sticking to the routines and practices that have got them to where they are.

Training, in my view should not differ. Don't add extra sessions, what the team hasn't quite grasped won't change in a session. Players like routine, it's what they do before facing each ball or at the top of their mark, so familiarity comes with a

sense of comfort and normality to the few games coming up.

By all means do your homework on your opposition to give your team the best opportunity to win, but don't get caught up in it. Even top opposition players have a bad day but if you start focusing on reputation beforehand, you are starting the game behind the 8 ball. Rather focus on what your team strengths are, working together as one and things you can control.

Plans you have used throughout the season should not change radically. You are in finals so they work, you might tinker with them but no need to make wholesale changes,

So when you have the top teams facing off, what gives a team the edge over the others? They all play well otherwise they wouldn't be in finals so skills wise not a lot in it. To me it's the mental edge that is the differentiator. A team that has a presence about them, that has a positive attitude, oozes confidence and believes in themselves even under the pump, will take that field with an advantage.

Finals is just a word that shouldn't affect performance on field but rather motivate to achieve greatness.