

Demonstration only.

This page uses sample cricket data and screenshots. Club access, coach accounts and live data would be configured separately.

WHAT IT SOLVES

Faster training plans with clearer rotations

Coaches can generate a session from a setup wizard, a quick match-review note, or a detailed set of session aims. Once a plan is generated, coaches can adjust blocks, zones, drill numbers, timings, rotation notes and printable copies without rebuilding everything from scratch.

Build plans quickly

Use the wizard, quick planner or detailed planner depending on how much setup the coach wants.

Edit live plans

Add, delete, move and regenerate blocks or zones while keeping locked drills in place.

Print clean copies

Export Coach Copy and Player Copy JPEGs for printing, sharing or displaying at training.

COACH WORKFLOW

Four simple steps

1

Choose a planning path

Use Setup Wizard, Quick Session Planner, Detailed Session Planner or Load Saved Plan.

2

Generate the first plan

The planner uses session time, coaches, groups, equipment and drill library rules.

3

Adjust blocks and zones

Lock the drills you want to keep, regenerate the rest, and add rotation notes for coaches.

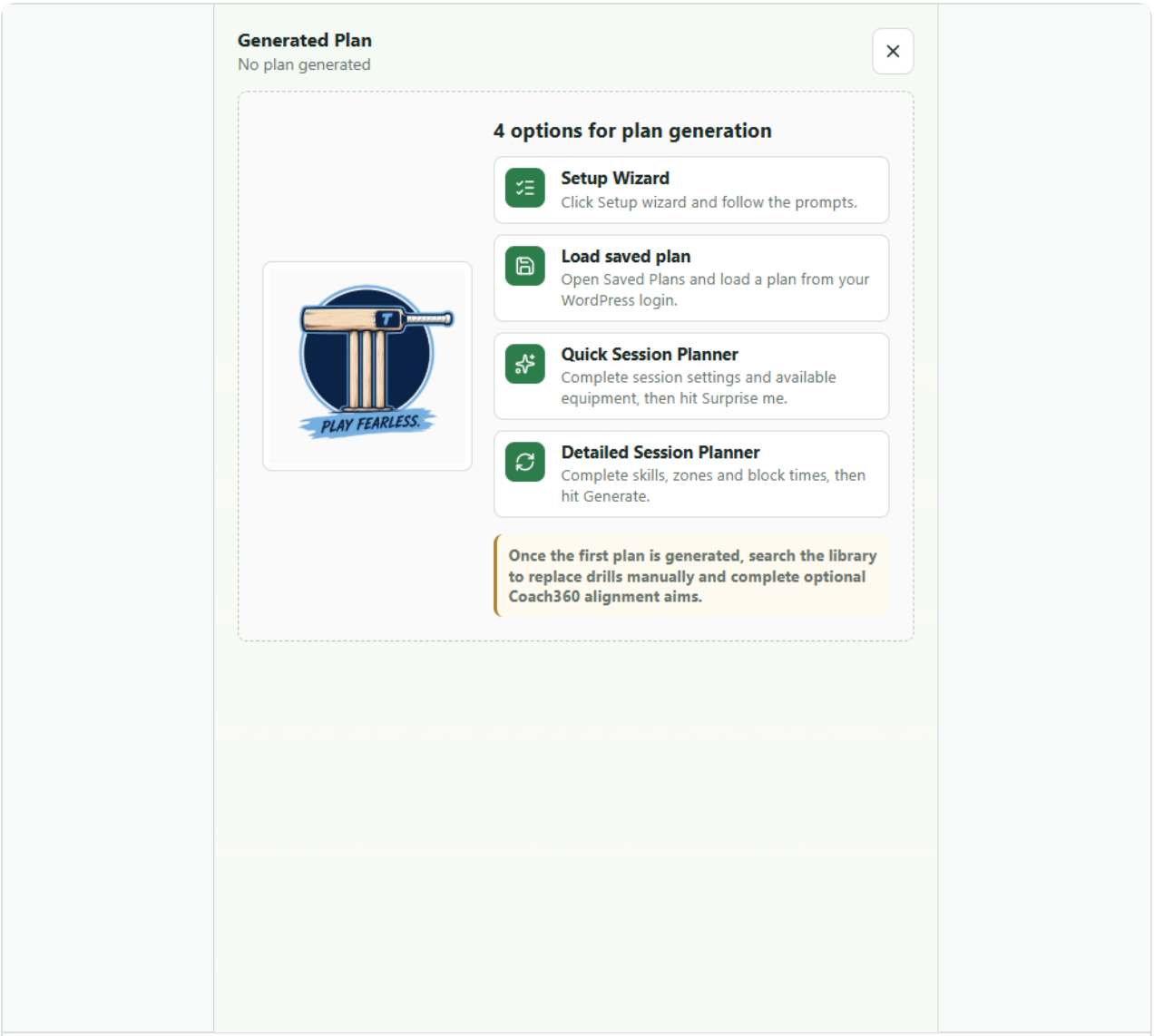
4

Share the copies

Download coach-facing and player-facing JPEGs for phones, printouts or a whiteboard display.

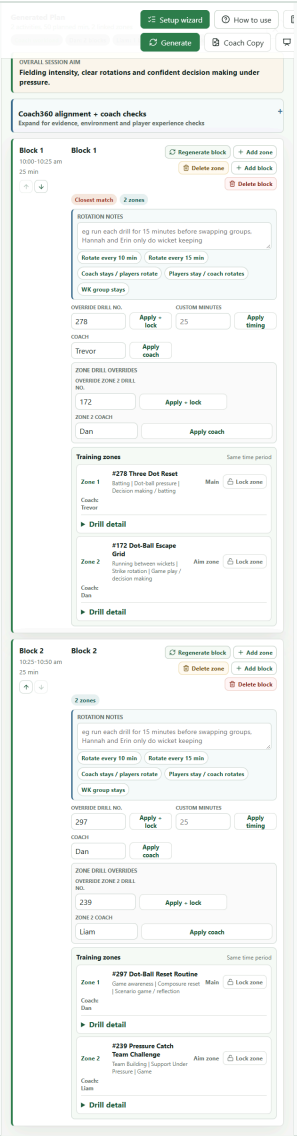
SCREENSHOTS

What coaches see



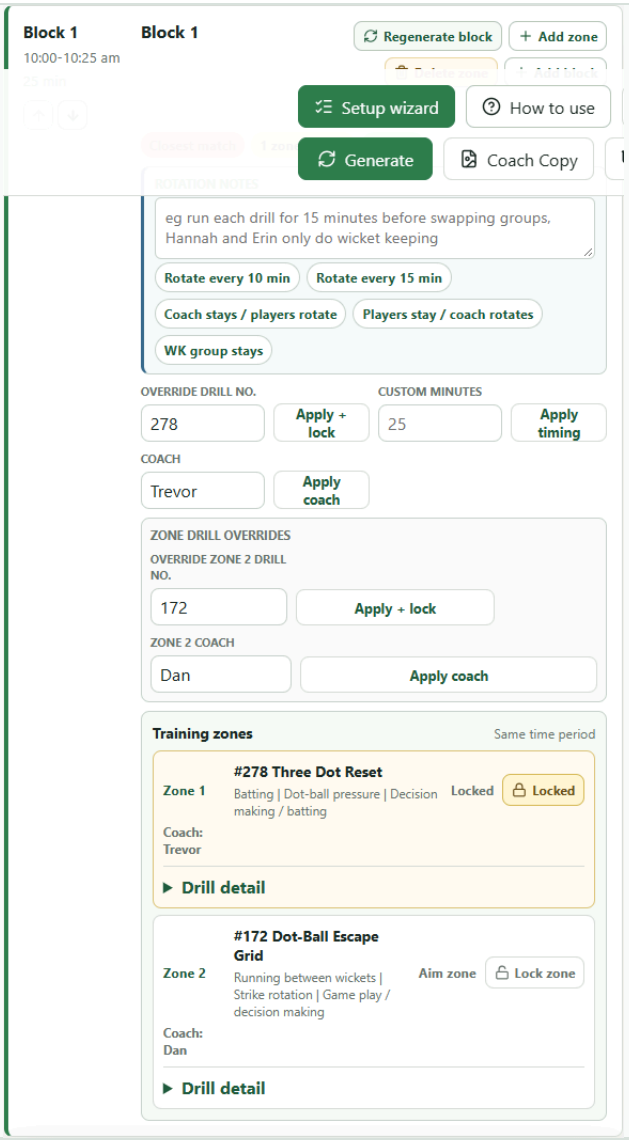
Planning options

Coaches choose the path that matches how much detail they want to enter.



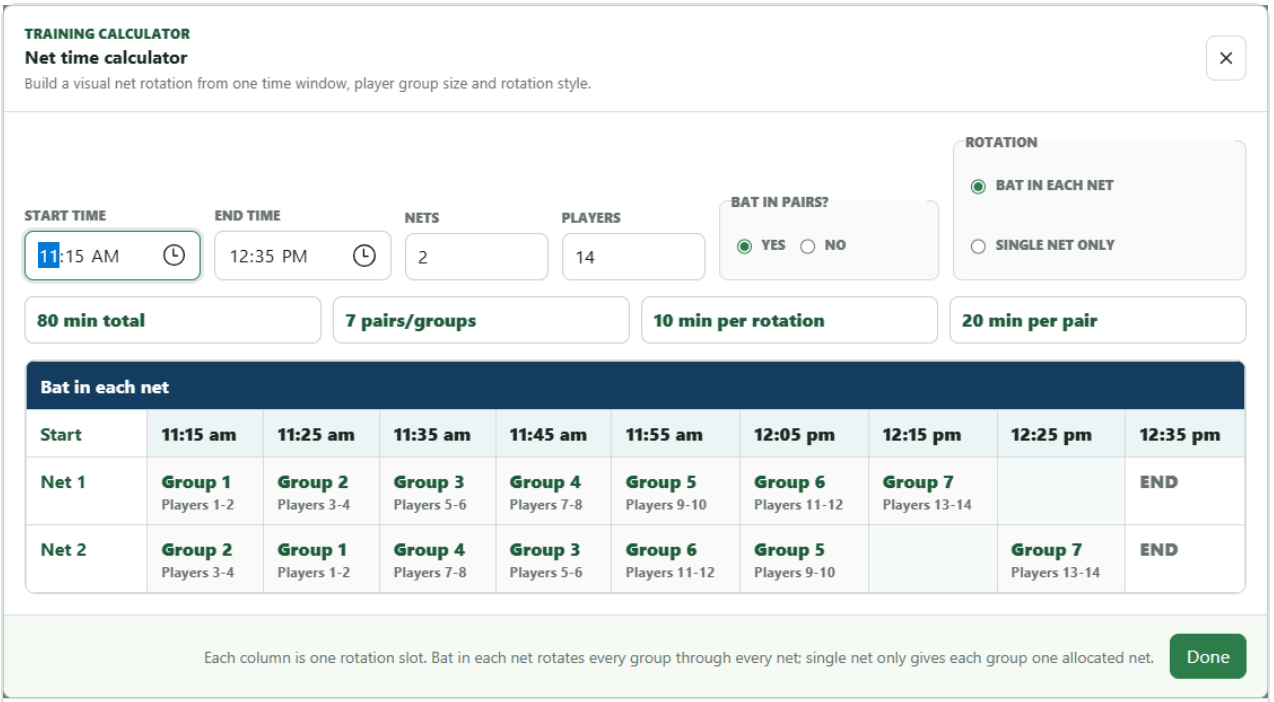
Generated plan

Session aim, Coach360 checks, editable blocks and rotation controls are shown together.



Zone editing

Each zone can be locked, deleted or regenerated without losing the rest of the block.



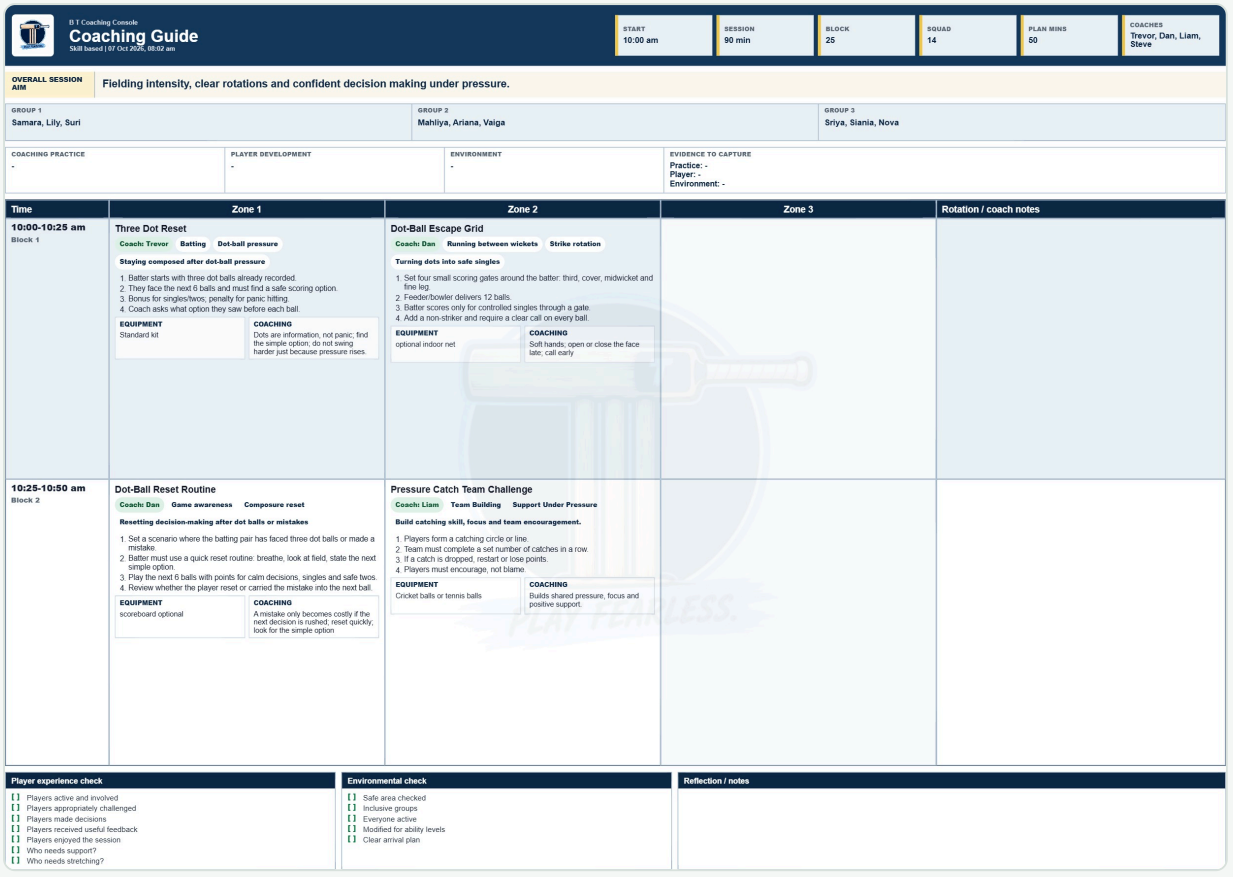
Net time calculator

Coaches can check how much batting time players or pairs receive across the nets.

SAMPLE OUTPUTS

Downloadable examples

The live tool exports these as JPEGs so they work well on phones, tablets and printers without relying on each device's PDF scaling.



B T Coaching Console

Coaching Guide

Skill based | 07 Oct 2025, 08:02 am

START	SESSION	BLOCK	SQUAD	PLAN MINS	COACHES
10:00 am	90 min	25	14	50	Trevor, Dan, Liam, Steve

OVERALL SESSION AIM: Fielding intensity, clear rotations and confident decision making under pressure.

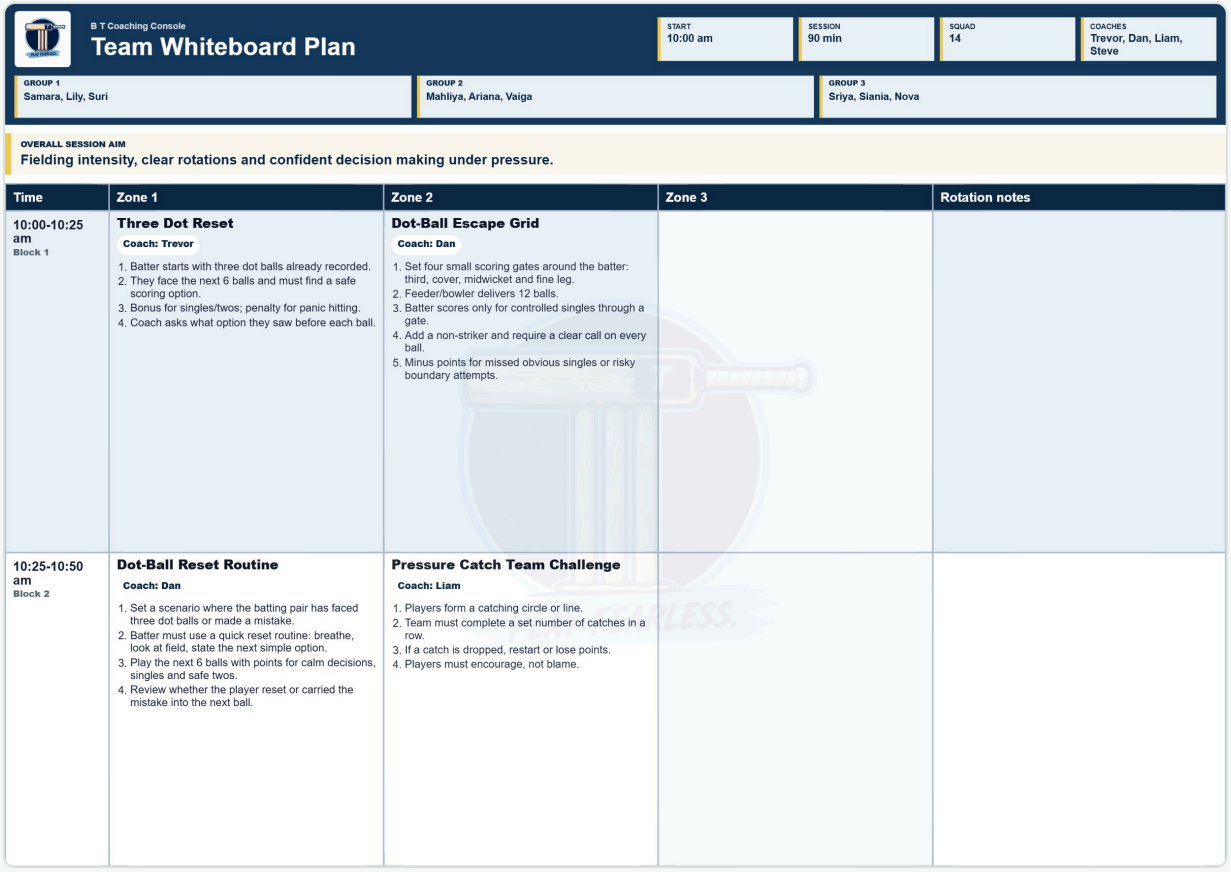
GROUP 1	GROUP 2	GROUP 3
Samara, Lily, Suri	Mahliya, Ariana, Vaiga	Sriya, Siania, Nova

COACHING PRACTICE	PLAYER DEVELOPMENT	ENVIRONMENT	EVIDENCE TO CAPTURE
-	-	-	Practice: - Player: - Environment: -

Time	Zone 1	Zone 2	Zone 3	Rotation / coach notes
10:00-10:25 am Block 1	**Three Dot Reset** Coach: Trevor · Batting · Dot-ball pressure Staying composed after dot-ball pressure 1. Batter starts with three dot balls already recorded. 2. They face the next 6 balls and must find a safe scoring option. 3. Bonus for singles/twos, penalty for panic hitting. 4. Coach asks what option they saw before each ball. EQUIPMENT: Standard kit COACHING: Dots are information, not panic; find the simple option; do not swing harder just because pressure rises.	**Dot-Ball Escape Grid** Coach: Dan · Running between wickets · Strike rotation Turning dots into safe singles 1. Set four small scoring gates around the batter: third, cover, midwicket and fine leg. 2. Feeder/bowler delivers 12 balls. 3. Batter scores only for controlled singles through a gate. 4. Add a non-striker and require a clear call on every ball. EQUIPMENT: optional indoor net COACHING: Soft hands; open or close the face late; call early		
10:25-10:50 am Block 2	**Dot-Ball Reset Routine** Coach: Dan · Game awareness · Composure reset Resetting decision-making after dot balls or mistakes 1. Set a scenario where the batting pair has faced three dot balls or made a mistake. 2. Batter must use a quick reset routine: breathe, look at field, state the next simple option. 3. Play the next 6 balls with points for calm decisions, singles and safe twos. 4. Review whether the player reset or carried the mistake into the next ball. EQUIPMENT: scoreboard optional COACHING: A mistake only becomes costly if the next decision is rushed; reset quickly; look for the simple option	**Pressure Catch Team Challenge** Coach: Liam · Team Building · Support Under Pressure Build catching skill, focus and team encouragement. 1. Players form a catching circle or line. 2. Team must complete a set number of catches in a row. 3. If a catch is dropped, restart or lose points. 4. Players must encourage, not blame. EQUIPMENT: Cricket balls or tennis balls COACHING: Builds shared pressure, focus and positive support.		

Player experience check	Environmental check	Reflection / notes
[ ] Players active and involved [ ] Players appropriately challenged [ ] Players made decisions [ ] Players received useful feedback [ ] Players enjoyed the session [ ] Who needs support? [ ] Who needs stretching?	[ ] Safe area checked [ ] Inclusive groups [ ] Everyone active [ ] Modified for ability levels [ ] Clear arrival plan	

Coach Copy sample



B T Coaching Console

Team Whiteboard Plan

START	SESSION	SQUAD	COACHES
10:00 am	90 min	14	Trevor, Dan, Liam, Steve

GROUP 1	GROUP 2	GROUP 3
Samara, Lily, Suri	Mahliya, Ariana, Vaiga	Sriya, Siania, Nova

OVERALL SESSION AIM

Fielding intensity, clear rotations and confident decision making under pressure.

Time	Zone 1	Zone 2	Zone 3	Rotation notes
10:00-10:25 am Block 1	**Three Dot Reset** Coach: Trevor 1. Batter starts with three dot balls already recorded. 2. They face the next 6 balls and must find a safe scoring option. 3. Bonus for singles/twos; penalty for panic hitting. 4. Coach asks what option they saw before each ball.	**Dot-Ball Escape Grid** Coach: Dan 1. Set four small scoring gates around the batter: third, cover, midwicket and fine leg. 2. Feeder/bowler delivers 12 balls. 3. Batter scores only for controlled singles through a gate. 4. Add a non-striker and require a clear call on every ball. 5. Minus points for missed obvious singles or risky boundary attempts.		
10:25-10:50 am Block 2	**Dot-Ball Reset Routine** Coach: Dan 1. Set a scenario where the batting pair has faced three dot balls or made a mistake. 2. Batter must use a quick reset routine: breathe, look at field, state the next simple option. 3. Play the next 6 balls with points for calm decisions, singles and safe twos. 4. Review whether the player reset or carried the mistake into the next ball.	**Pressure Catch Team Challenge** Coach: Liam 1. Players form a catching circle or line. 2. Team must complete a set number of catches in a row. 3. If a catch is dropped, restart or lose points. 4. Players must encourage, not blame.		

Player Copy sample

SUGGESTED OPSPS PAGE COPY

Access can be set up for registered coaches

This demonstration shows how the coaching console can help prepare structured, age-appropriate training sessions. A live version would be access controlled and set up with the club's preferred drill library, coaching language and logo.

Download demo guide | **View Player Copy sample**

B T Coaching Console demonstration

Prepared for OPSPS website review