



The Cheshire County Player Development Framework

Under 10 to Under 13 Cricketers



BATTING OUTCOMES > Scores runs in singles > Scores runs in boundaries > Runs between wickets (and calls) effectively			
Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - A balanced set-up enabling quick and coordinated movements. - An ability to play attacking and defensive shots off both front and back foot, - An ability to execute shots with a vertical and horizontal bat. 	<ul style="list-style-type: none"> - Understanding when to defend and when to attack. - Developing different scoring options, including hitting gaps (to rotate strike) and boundary striking. 	<ul style="list-style-type: none"> - Good decision-making (shot selection) dependent on the stage of the game. - Displays good concentration levels throughout the innings. 	<ul style="list-style-type: none"> -Runs and turns effectively (between the wickets). - Awareness of the physical attributes that improve batting performance.
PACE BOWLING OUTCOMES > Ability to 'hit the stumps' > Develops a consistent stock ball > Can bowl to attack and defend			
Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Appropriate grip and wrist position for optimum release. - Head remains level throughout the action (focused on target) - Safe, repeatable action (body parts aligned) to aid consistency and control. - Combining Technical and Physical attributes to increase energy (and pace). 	<ul style="list-style-type: none"> - Setting (and bowling to) attacking and defensive fields - An awareness of batters' strengths and weaknesses and how to adapt - Bowling over and around the wicket to create pressure for batters - Understands basic principles of seam and swing bowling 	<ul style="list-style-type: none"> - Shows resilience – an ability to commit to the next ball and the plan - Shows a positive mindset in all situations 	<ul style="list-style-type: none"> - Basic running technique with arms and legs drive - Ability to jump and land in balanced position - Develops core strength to support body through phases of delivery
SPIN BOWLING OUTCOMES > Ability to spin the ball > Proficient against right/left handers > Understands/uses angles on crease			
Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Ability to generate spin through fingers, wrist, shoulders and hips - Safe, repeatable action with body parts aligned - Stable base created to support upper body. 	<ul style="list-style-type: none"> - Setting (and bowling to) a field for your best (stock) delivery. - An awareness of batters' strengths and weaknesses and how to adapt - Introducing concepts of different types of spin and use of angles. 	<ul style="list-style-type: none"> - Resilience – an ability to commit to the next ball and the plan - Shows a positive mindset in all situations. 	<ul style="list-style-type: none"> - Develops core strength to support body through phases of delivery. - Awareness of physical attributes that improve spin bowling performance.

FIELDING OUTCOMES > Adopts a dynamic 'ready position' > Strong/safe throwing technique > Confident and consistent catcher

Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Stable base and coordinated hand movements when catching - Balanced and controlled movements to attack/intercept and throw the ball - Dynamic and safe movements when diving and stopping the ball. 	<ul style="list-style-type: none"> - Ability to 'read' the batters and anticipate opportunities. - A mindset to attack the ball and apply pressure on the batters. 	<ul style="list-style-type: none"> - Fielders must 'want' the ball and to influence games / take wickets - Displays commitment and concentration to perform at their best throughout the innings. 	<ul style="list-style-type: none"> - Displays agility and speed - Understands mechanics of running, turning and diving

WICKETKEEPING OUTCOMES > Takes catches and stumpings 'standing up' > Moves, dives and catches effectively 'stood back'

** Additionally, wicketkeepers are expected to contribute in other ways – tactician, team 'energiser', effective batter*

Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Displays good posture in the 'set-up' enabling dynamic movements. - Promotes big catching area - Hands and feet work together in efficient manner (head still) 	<ul style="list-style-type: none"> - Adopts best 'starting position' relevant to bowler and understands angles when standing up/back -Can support captain/bowler with fielding positions -Able to dictate the tempo of the game through energy /enthusiasm. 	<ul style="list-style-type: none"> - Displays confidence (to stand up to the wickets) - Good concentration levels – ability to switch on and off to prolong focus in matches. 	<ul style="list-style-type: none"> - Quality of movement, strength, flexibility, footwork patterns - Awareness of physical attributes that improve wicketkeeping performance.



The Cheshire County Player Development Framework

Under 14 to Under 18 Cricketers



BATTING OUTCOMES > Increases scoring opportunities by hitting gaps and dynamic running and calling			
Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> -Head in optimum position and can control vertical bat path (protecting the stumps) -Displays good balance and weight transfer in attacking shots. -Has scoring options to spin: Uses feet effectively and/or sweeps. - Can defend and score against short, quick bowling. 	<ul style="list-style-type: none"> - Can manage tempo of innings, when best to attack and defend - Understands and creates angles (using depth of crease) to make scoring opportunities - Works well in partnerships to exploit weakness in bowling unit and manipulate the field. 	<ul style="list-style-type: none"> - Displays excellent concentration levels – ability to switch on/ off and focus one ball at a time - Shows resilience in the face of adversity (eg ability to survive/thrive, against short-pitched bowling) - Positive mindset to help set and achieve batting goals. 	<ul style="list-style-type: none"> - Endurance – ability to play effectively for long periods - Strength to supported coordinated body movements - Speed (of hands and feet) to execute shots and run between the wickets effectively.
PACE BOWLING OUTCOMES > Bowls at a pace comparable to / above peers or developing the building blocks of pace traits > Ability to create lateral movement (through the air or off the pitch) and bounce to unsettle the batters			
Technical	Tactical	HH	Physical
<ul style="list-style-type: none"> -Develops a strong base and core to support a tall bowling action - Controls stock ball and can execute variations (variety of grips/releases/lengths) - A developed seam position that aids lateral movement. 	<ul style="list-style-type: none"> - Awareness of field changes required for different skill sets - Ability to assess the playing surface and conditions - Ability to assess the strengths and weaknesses of the batters and the situation of the game. 	<ul style="list-style-type: none"> - Displays positive body language - Shows resilience in the face of adversity (eg ability bowling under pressure against set batsmen) - Makes good decisions based on the scenario / stage of the game. 	<ul style="list-style-type: none"> - Strength / power to support and help coordinate body parts Speed – strong running motion to generate pace through all phases of the action - Endurance – ability to bowl with pace for prolonged periods.
SPIN BOWLING OUTCOMES > Developing the amount of spin and control > Exploring variations > Fields well off own bowling			
Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Grip(s) and release becoming embedded. Presents a good seam to generate turn, drift and variation. - Body parts aligned to target allowing for effective shoulder, hip rotation and follow-through. 	<ul style="list-style-type: none"> - Awareness of field changes required for different skill sets - Developing knowledge of optimum pace for different pitches/conditions. - Ability to assess the strengths and weaknesses of the batters and the situation of the game. 	<ul style="list-style-type: none"> - Displays positive body language - Shows resilience in the face of adversity (eg batters playing aggressively and scoring quickly) - Makes good decisions based on the scenario / stage of the game. 	<ul style="list-style-type: none"> -Strength / flexibility to support and coordinate body parts -Endurance – ability to repeat a strong ‘spinning’ action over prolonged periods.

FIELDING OUTCOMES > Dynamic, run saving athlete > Catches consistently in all positions > Strong throw with quick release

Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Displays good posture and dynamic balance for close catching / outfield catching -Generates power and transfers weight went throwing. - Possesses a natural (and safe) diving and stopping technique 	<ul style="list-style-type: none"> - Ability to read the game, the batters and the conditions - Can impact the game positively by supporting the captain and bowlers 	<ul style="list-style-type: none"> - Displays excellent concentration levels - ‘Wants’ the ball at all times and to take wickets. - Ability to recover from mistakes - Commitment to perform at their best throughout the innings. 	<ul style="list-style-type: none"> - Increased power to support explosive movements in the field - Increased diving and throwing range - Increased speed through refined turning/running technique

WICKETKEEPING OUTCOMES > Catches and stops the ball consistently at different heights and angles (including to left and right handed batters) > Strong influence on the game in other areas - *tactician, team ‘energiser’, effective batter*

Technical	Tactical	Mental	Physical
<ul style="list-style-type: none"> - Good posture in the set up, maintained through point of contact and catch. - Different methods of safe catching - Dynamic movements for stumpings. 	<ul style="list-style-type: none"> -Aware of preferred starting position and most appropriate angles to bowler type/surface/batter set up. -Anticipates (and can influence) bowler variations and field settings. 	<ul style="list-style-type: none"> -Commitment to pre-delivery routines - Ability to deal with failure / mistakes - Concentration and ability to remove distractions. 	<ul style="list-style-type: none"> - Quick effective feet, good lateral movements, -Fast hands. - Endurance – ability to retain posture over prolonged periods.