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# Staffordshire Cricket

## Girls & Women's Talent Development Framework



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# How we Coach

## Coach the Game

*“We will develop players’ technical, tactical, physical and mental skills, encouraging independent decision-making and adaptability for improved game application”*

## Individualised

*“We will get to know players as individuals, leading to a player-centred approach that tailors all aspects of training to their needs”*

## Player Ownership

*“We will empower players to take an active and self-managed role in their own development and decision-making, so they are more motivated, engaged and resilient”*

## Positivity

*“We will take a strengths-based approach to developing players and create positive environments that encourage challenges to be embraced and not feared or seen as threats”*



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# Pathway Phases



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# Learn to Play

## Girls Early Engagement Programme

*‘Enjoyment, Participation, Experience’*

Opportunities for all to influence games

Learning for players & coaches

Support of players is paramount



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# Learn to Win

U13s & 14s Girls

*'Set the Scene for the Future'*

Balance of challenge and support

Testing fundamentals and learning under pressure

Developing the rounded player



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# Play to Win

**U16s, U18s Girls & Senior Women**

*‘Exposure, Performance, Commitment’*

Best opportunities for the highest potential players

Heightened challenge with appropriate support

Embedding the ‘tools’ learnt in LTW phase



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# Player Behaviours

Proud to play for Staffordshire

Responsible for their own development

Resilient

Game aware

Curious learners

Resourceful problem solvers



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# Batting



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# Outcomes - Batting

Mastery of fundamental skills

Take the positive option

Competent decision makers

Have a front and back foot game

Able to access down the ground



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# Skills - Batting

## Early Engagement Programme

- Master correct grip, stance & backswing (hands back with intent to score)
- Judgement of line & length and play forward and back accordingly
- Explore scoring options around the ground
- Understand the importance of strike rotation and how to do it effectively

# Skills - Batting

## U13s & 14s

- Understanding of shot selection i.e. when to attack and defend (favouring the positive option)
- Understanding of how to hit gaps off the front and back foot



# Skills - Batting

## U16s, U18s & Women's

- Be able to hit gaps behind square and in front of square on the off side and leg side
- Be able to apply & execute attacking and defensive mindsets to different game situations
- Competency against high pace (plan/ability to cope on front and back foot)



# Bowling



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# Outcomes - Bowling

Seamers able to bowl with pace

Spinners able to spin the ball

Actions that are safe and repeatable

Able to execute stock ball and variation under pressure



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# Skills – Bowling

## Early Engagement Programme

- Basic understanding of stock ball
- Understand what a safe and repeatable action and approach looks and feels like
- Understanding of a basic bowling plan and starting field



# Skills – Bowling

## U13s & U14s

- Introduce variation option (length, pace or movement)
- Run up creates energy and effective alignment
- Stock ball can be consistently executed
- Start to understand individual bowling plans



# Skills – Bowling

## U16s, U18s & Women's

- Able to execute 1 variation (length, pace or movement) and in game situations
- Execute individual bowling plans with consistency

# Fielding

# Outcomes – Fielding

Produce wicket taking fielders

Stop with positivity

Catch with confidence

Throw with power and accuracy

Move with athleticism and agility

# Skills – Fielding

## Early Engagement Programme

- Understanding of overarm and underarm throwing techniques
- Increased confidence in taking high and flat catches
- Knowledge of key fielding positions and what their role is in impacting the game

# Skills – Fielding

## U13s & 14s

- Able to stop the ball consistently after moving in any direction
- An understanding of how to execute diving and sliding stops effectively
- Be able to throw with effective speed and accuracy

# Skills – Fielding

## U16s, U18s & Women's

- Understanding of sliding and diving techniques
- Ability to throw the ball to achieve run outs including quick release and high ball velocity
- Be able to influence the game regularly through fielding

# Outcomes – Wicket Keeping

Keepers with agility

Keepers with good hand eye co-ordination

Keepers that are an active presence in the field



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# Wicketkeeping



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# Skills – Wicket keeping

## Early Engagement Programme

- Develop ability to consistently catch the ball
- Achieve ability to produce a basic take on the off side and leg side with effective footwork
- Ensure awareness of where to stand for both spin and seam bowlers



# Skills – Wicket keeping

## U13s & U14s

- Consistent method standing up and back
- Beginning to execute consistently effective footwork for offside and legside takes
- Able to adopt effective positions to allow execution of run outs
- Starting to develop an equal ability to catch the ball with fingers up and fingers down





# Skills – Wicket keeping

## U16s, U18s & Women's

- Able to receive throws including half volleys and whilst on the move
- Able to help captains with fielding positions and angles
- Equal ability to catch the ball with fingers up and fingers down
- To be able to throw effectively from a range of angles with the glove off

