

HOW WE PLAY



CRICKET
ACT



PHYSICAL



TECHNICAL



TACTICAL



SKILLSET



MINDSET



PHASE 1
COMMUNITY



PHASE 2
**DEVELOPMENT
PATHWAY**



PHASE 3
**TALENT
PATHWAY**



PHASE 4
**SENIOR & ELITE
TEAMS**





Physical

Developing physical skills in cricket is crucial for improving strength, agility and endurance. These are key to performing well in all aspects of the game. A strong physical foundation helps players maintain high levels of performance throughout a match and reduces the risk of injury.



PHASE 1
COMMUNITY



PHASE 2
DEVELOPMENT
PATHWAY



PHASE 3
TALENT
PATHWAY



PHASE 4
SENIOR &
ELITE TEAMS

Emphasis on fundamental movement competencies

Developing an ability to move with agility, balance, coordination and speed

Introduction to cricket specific movement competencies

Refining ability to move with agility, balance, coordination and speed

Possess the physical attributes to meet game demands in all formats

Ability to execute skills at speed, under fatigue, for extended periods of time

Possess the physical attributes to exceed game demands in all formats

Ability to execute skills at high speed, under fatigue, for prolonged periods of time

Technical

Developing technical skills in cricket is essential for mastering the fundamental techniques of batting, bowling and fielding. These skills provide a solid foundation for consistency and precision, enabling players to execute advanced tactics and excel in competitive matches.



PHASE 1
COMMUNITY



PHASE 2
DEVELOPMENT
PATHWAY



PHASE 3
TALENT
PATHWAY



PHASE 4
SENIOR &
ELITE TEAMS

Experience hitting the ball

Deliver the ball in a bowling motion

Learning to make a free swing & contact balls of varying line and length

Learning to generate ball speed/spin towards the target with a safe action

Able to contact balls of varying line and length with defensive and attacking strokes

Able to generate ball speed/spin towards the target, move ball in the air/off the pitch with a safe action

Have the technical attributes that do not limit performance in any aspects of the game

Is technically proficient to a level that cannot be exploited by opposition to gain an advantage

Tactical

Developing tactical skills in cricket is crucial for making informed decisions during a match, helping players outmaneuver opponents and adapt to changing game conditions. These skills enhance a player's ability to anticipate and react strategically, leading to better overall performance and team success.



PHASE 1 **COMMUNITY**



PHASE 2 **DEVELOPMENT** **PATHWAY**



PHASE 3 **TALENT** **PATHWAY**



PHASE 4 **SENIOR &** **ELITE TEAMS**

Learning & playing
other sports

Playing backyard
cricket

Developing
understanding of own
individual strengths &
weaknesses

Learning to identify
different stages of the
game

Increasing game
awareness & able
to adapt individual
game plan to different
formats

Refining ability
to interpret key
information in game to
identify problems and
explore strategies

Developed game
awareness & able to
assess and adapt to
oppositions game
plan under a variety of
conditions and formats

Able to identify
& interpret key
information in
game to effectively
solve problems and
implement strategies

☆☆☆ Skillset



Developing a comprehensive skillset in cricket is vital for excelling in different aspects of the game, including batting, bowling, fielding, and game strategy. A well-rounded skillset allows players to adapt to varying match conditions and contribute more effectively to their team's success.



PHASE 1
COMMUNITY



PHASE 2
DEVELOPMENT
PATHWAY



PHASE 3
TALENT
PATHWAY



PHASE 4
SENIOR &
ELITE TEAMS

Prepared to develop all the skills required to play the game

Competent in all skills (bat, bowl, field)

Able to execute skills well, at speed

Proficient in more than one skill (bat, bowl, field)

Able to execute skills very well, at speed and under pressure, regularly

Exceptional in more than one skill (bat, bowl, field)

Able to execute primary & secondary skills very well, at speed and under pressure, consistently

Mindset

Developing positive mindset skills in cricket is essential for handling pressure, staying focused, and maintaining confidence, especially during challenging situations. A strong mental approach helps players overcome setbacks, enhance performance, and contribute positively to team dynamics.



PHASE 1
COMMUNITY



PHASE 2
DEVELOPMENT
PATHWAY



PHASE 3
TALENT
PATHWAY



PHASE 4
SENIOR &
ELITE TEAMS

Learning with and from other teammates

Enjoys the game and being involved

Bounces back from challenges/setbacks

Can manage emotions and maintain composure when under pressure

Never stops trying, irrespective of the game scenario/situation

Can perform under pressure in different conditions and can adapt to the demands of the game/situation

Able to deal with opposition playing well for periods of play



PLAYER DEVELOPMENT: PHASE 1: Community Programs

FOCUS

Connecting with the game - Cricket Blast/Stage 1

AIM

Ensure positive experiences that build a lifelong connection to the game

COACH LEVEL

Foundation Coach
Junior Coach



SKILLSET

Prepared to develop all the skills required to play the game



MINDSET

Learning with and from other teammates



PHYSICAL

Emphasis on fundamental movement competencies

Developing an ability to move with agility, balance, coordination and speed



TACTICAL

Learning & playing other sports

Playing backyard cricket



TECHNICAL

Experience hitting the ball

Deliver the ball in a bowling motion



RESPECTFUL

Bring a positive attitude to the group

Basic self-awareness and respect for others



DEPENDABLE

Always shows up to training and matches



COACHABLE

Prepared to listen and learn



ADAPTABLE

Willing to explore all roles & positions in the game



PLAYER DEVELOPMENT: PHASE 2: Development Pathways

FOCUS

Understanding your Game

AIM

Provide the player with a foundation of skills and movement competencies to learn the game of cricket

COACH LEVEL

Junior Coach
Senior Coach



SKILLSET

Competent in all skills (bat, bowl, field)
Able to execute skills well, at speed



MINDSET

Enjoys the game and being involved
Bounces back from challenges/setbacks



TACTICAL

Developing understanding of own individual strengths & weaknesses
Learning to identify different stages of the game



TECHNICAL

Learning to make a free swing & contact balls of varying line and length
Learning to generate ball speed/spin towards the target with a safe action



PHYSICAL

Introduction to cricket specific movement competencies
Refining ability to move with agility, balance, coordination and speed

PLAYER IDENTITY



RESPECTFUL

Supports teammates and celebrates others' achievements/successes
Displays respect for teammates and coaching staff



DEPENDABLE

Completes all training tasks to best of their abilities
Responds appropriately to teammates errors



COACHABLE

Always looking to improve
Can comprehend how their behaviour can impact others around them



ADAPTABLE

Learning to regularly review and reflect on training and matches
Seeks feedback and is coachable



PLAYER DEVELOPMENT: PHASE 3: Talent Pathways

FOCUS

Understanding the Game

AIM

Provide the player with the cricket intelligence and competition exposure required to succeed in the game of cricket

COACH LEVEL

Senior Coach
Representative Coach



SKILLSET

Proficient in more than one skill (bat, bowl, field)

Able to execute skills very well, at speed and under pressure, regularly



MINDSET

Can manage emotions and maintain composure when under pressure

Never stops trying, irrespective of the game scenario/situation



PHYSICAL

Possess the physical attributes to meet game demands in all formats

Ability to execute skills at speed, under fatigue, for extended periods of time



TACTICAL

Increasing game awareness & able to adapt individual game plan to different formats

Refining ability to interpret key information in game to identify problems and explore strategies



TECHNICAL

Able to contact balls of varying line and length with defensive and attacking strokes

Able to generate ball speed/spin towards the target, move ball in the air/off the pitch, with a safe action

PLAYER IDENTITY



RESPECTFUL

Able to manage themselves appropriately within the team environment

Attitude towards performance reflects the teams needs



DEPENDABLE

Always ready to go & are prepared for training and games

Is trustworthy & they do what they say they are going to do



COACHABLE

Always looking to improve & willing to seek help from coaches and peers

Able to identify the impact of good & bad decisions both on and off the field



ADAPTABLE

Reviews performances to learn and improve

Is able to cope with being challenged and responds effectively



PLAYER DEVELOPMENT: PHASE 4: Senior & Elite Teams

FOCUS

Understanding the opposition

AIM

Develop national representatives and have players that thrive at the elite level in cricket

COACH LEVEL

Representative Coach
High Performance Coach



SKILLSET

Exceptional in more than one skill (bat, bowl, field)

Able to execute primary & secondary skills very well, at speed and under pressure, consistently



MINDSET

Can perform under pressure in different conditions and can adapt to the demands of the game/situation

Able to deal with opposition playing well for periods of play



PHYSICAL

Possess the physical attributes to exceed game demands in all formats

Ability to execute skills at high speed, under fatigue, for prolonged periods of time



TECHNICAL

Have the technical attributes that do not limit performance in any aspects of the game

Is technically proficient to a level that cannot be exploited by opposition to gain an advantage



TACTICAL

Developed game awareness & able to assess and adapt to oppositions game plan under a variety of conditions and formats

Able to identify & interpret key information in game to effectively solve problems and implement strategies

PLAYER IDENTITY



RESPECTFUL

Understanding of team dynamics, communication, and problem-solving skills

Shows initiative and regularly displays 'team acts' without prompting



DEPENDABLE

Does everything to the highest possible standard/intensity

Are self-directed, they know what they need, and they get it done



COACHABLE

Resourceful and looks to problem solve

Accountable for their own actions & manages themselves well both on and off the field



ADAPTABLE

Shows self-awareness and is willing to learn and grow as a player

Is honest and accurate in their self-reflections and conversations with others