



Talent Development Framework



Batting Framework

BATTING - OVERARCHING

Develop...

- An effective position at ball release to be **primed** ready to move
- An ability to **track** the ball to be able to pick line, length & account for movement
- A batting toolbox to be able to **decide** on the most appropriate option for that ball
- An ability to effectively **act** on each ball using a step & swing motion
- An ability to **strike** the ball with power & control consistently

Approach:

- Always bat with an intent to score
- Be positive, not reckless - Situational
- Earn the right - Longer Format
- Impact the game - Shorter Format
- Take Responsibility - don't leave it to someone else

Focuses...

- Dominate spin
- Hit hard down the ground
- Add/Use/Remove pace on the ball
- Rhythm, Control & Alignment
- Transfer weight into the ball
- Run hard between the wickets
- Hit the gaps
- 360 awareness/experimentation
- Clarity of game plans for bowlers/situations/surfaces



BATTING - EARLY ENGAGEMENT/DEVELOPMENT

Develop...

- Good understanding of an effective position at ball release, to be primed ready to move
- Good understanding of a step & swing motion
- Good understanding of how to strike the ball with power & control
- Good understanding of core movement patterns (weight transfer into ball, cross batted shots vs seam, forward/back vs spin & sweeps)

Approach:

- **Always bat with an intent to score**
- **Be positive, not reckless - Situational**

Focuses...

- **Hit hard down the ground**
- **Transfer weight into the ball**
- **Run hard between the wickets**
- **Hit the gaps**



BATTING - U13/14S CAG PROGRAMMES

Develop...

- Strong understanding of an effective position at ball release to be primed - ready to move, a step & swing motion and striking the ball with power & control - greater emphasis on individual work ons
- Good understanding of being able to track the ball to pick line, length and account for movement
- Some understanding of decision making to make quick & effective decisions on how to play each ball
- Strong understanding of core movement patterns with greater focus of specific shots

Approach:

- **Always bat with an intent to score**
- **Be positive, not reckless - Situational**
- **Earn the right - Longer Format**
- **Impact the game - Shorter Format**

Focuses...

- **Dominate spin**
- **Hit hard down the ground**
- **Transfer weight into the ball**
- **Run hard between the wickets**
- **Hit the gaps**



BATTING - U16/18S CAG PROGRAMMES

Develop...

- An effective position at ball release to be primed - ready to move, a step & swing motion and striking the ball with power & control - greater emphasis on doing so with rhythm, control & alignment
- Strong understanding of being able to track the ball to pick the line, length and account for movement to make effective decisions on how to play each ball
- An ability to consistently execute the core movement patterns to create scoring opportunities

Approach:

- **Always bat with an intent to score**
- **Be positive, not reckless - Situational**
- **Earn the right - Longer Format**
- **Impact the game - Shorter Format**
- **Take Responsibility - don't leave it to someone else**

Focuses...

- **Dominate spin**
- **Hit hard down the ground**
- **Add/Use/Remove pace on the ball**
- **Rhythm, Control & Alignment**
- **Transfer weight into the ball**
- **Run hard between the wickets**
- **Hit the gaps**
- **360 awareness/experimentation**
- **Clarity of game plans for bowlers/situations/surfaces**





Fast Bowling Framework



FAST BOWLING - OVERARCHING

Develop...

- A method that allows the bowler to create energy to target through their **approach & take off**
- A powerful, safe & repeatable action by creating a **strong front side**
- Balance, alignment & momentum to target through a **stable base**
- An ability to **bowl the ball hard** to create threat
- An ability to adapt to different batters/situations/surfaces
- An understanding of field sets for different plans

Approach:

- Bring the stumps into play
- Bowl with a purpose
- How am I going to get a batter out?
- Where am I comfortable getting hit?
- Bowl fast!

Create threat through...

- Bowling with pace
- Creating lateral movement in the air and/or off the pitch
- Generating bounce
- Variation of release points at the crease
- Variation of length (ie. bouncer/yorker)
- Variation of pace



FAST BOWLING - EARLY ENGAGEMENT/DEVELOPMENT

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- A method that allows the bowler to create energy to target through their **approach & take off**
- A powerful, safe & repeatable action by creating a **strong front side**
- Balance, alignment & momentum to target through a **stable base**
- An ability to **bowl the ball hard** to create threat

Approach:

- **Bring the stumps into play**
- **Bowl fast!**

Create threat through...

- **Bowling with pace**
- **Variation of length (ie. bouncer/yorker)**



FAST BOWLING - U13/14S CAG PROGRAMMES

Develop...

- A method that allows the bowler to create energy to target through their **approach & take off**
- A powerful, safe & repeatable action by creating a **strong front side**
- Balance, alignment & momentum to target through a **stable base**
- An ability to **bowl the ball hard** to create threat
- A basic understanding of how to adapt to different batters/situations/surfaces
- A basic understanding of field sets for different plans

Approach:

- **Bring the stumps into play**
- **Bowl with a purpose**
- **Bowl fast!**

Create threat through...

- **Bowling with pace**
- **Creating lateral movement in the air and/or off the pitch**
- **Variation of length (ie. bouncer/yorker)**



FAST BOWLING - U16/18S CAG PROGRAMMES

Develop...

- A method that allows the bowler to create energy to target through their **approach & take off**
- A powerful, safe & repeatable action by creating a **strong front side**
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- An ability to **bowl the ball hard** to create threat
- An ability to adapt to different batters/situations/surfaces
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Approach:

- **Bring the stumps into play**
- **Bowl with a purpose**
- **How am I going to get a batter out?**
- **Where am I comfortable getting hit?**
- **Bowl fast!**

Create threat through...

- **Bowling with pace**
- **Creating lateral movement in the air and/or off the pitch**
- **Generating bounce**
- **Variation of release points at the crease**
- **Variation of length (ie. bouncer/yorker)**
- **Variation of pace**





Spin Bowling **Framework**

SPIN BOWLING - OVERARCHING

Develop...

- A strong & repeatable action
- Balance, alignment & momentum to target
- An ability to deceive the batter in the air and off the pitch
- An ability to bowl the ball with energy & impart spin on the ball

Approach:

- Bring the stumps into play
- Bowl with a purpose
- How am I going to get a batter out?
- Where am I comfortable getting hit?
- Spin bowlers, not slow bowlers!

Create threat through...

- Drift - Drop - Bounce - Spin
- Variation of release points at the crease
- Variation of pace
- Variation of deliveries (Top/Over/Side Spin, Arm Ball, Googly etc.)



SPIN BOWLING - EARLY ENGAGEMENT/DEVELOPMENT

Develop...

- A strong & repeatable action
- Balance, alignment & momentum to target
- An ability to impart spin on the ball

Approach:

- **Bring the stumps into play**
- **Spin bowlers, not slow bowlers!**

Create threat through...

- **Drift - Drop - Bounce - Spin**



SPIN BOWLING - U13/14S CAG PROGRAMME

Develop...

- A strong & repeatable action
- Balance, alignment & momentum to target
- An understanding of how to deceive the batter in the air and off the pitch
- An ability to bowl the ball with energy & impart spin on the ball

Approach:

- **Bring the stumps into play**
- **Bowl with a purpose**
- **Spin bowlers, not slow bowlers!**

Create threat through...

- **Drift - Drop - Bounce - Spin**
- **Variation of pace**



SPIN BOWLING - U16/18S CAG PROGRAMME

Develop...

- A strong & repeatable action
- Balance, alignment & momentum to target
- An ability to deceive the batter in the air and off the pitch
- An ability to bowl the ball with energy & impart spin on the ball

Approach:

- **Bring the stumps into play**
- **Bowl with a purpose**
- **How am I going to get a batter out?**
- **Where am I comfortable getting hit?**
- **Spin bowlers, not slow bowlers!**

Create threat through...

- **Drift - Drop - Bounce - Spin**
- **Variation of release points at the crease**
- **Variation of pace**
- **Variation of deliveries**
(Top/Over/Side Spin, Arm Ball, Googly etc.)





Fielding Framework

FIELDING - OVERARCHING

Develop...

- A safe, repeatable and powerful throwing action
- An ability to catch consistently and look to take **game changing** half chances
- Fundamental movement patterns & awareness to **anticipate** & move off the ball
- An ability to **go to ground** with confidence using a range of slides, dives & rolls
- An ability to cover ground athletically to **control space** in the ring and on the boundary

Approach:

- Attack the V, Defend the Goal
- Highest energy side
- Offer something every ball
- Net positive impact on the game - need more than neutral



FIELDING - EARLY ENGAGEMENT/DEVELOPMENT

Develop...

- A basic understanding of the core components of a safe and powerful throwing action (inc. base, weight transfer, opening shoulder & long/loose)
- A catching position that builds confidence to dissipate force (strong hands, soft body)
- Fundamental movement patterns & awareness to move off the ball (inc. split step & backing up)
- Confidence with making contact with the ground
- An ability to cover ground athletically (through athletic development opportunities in sessions)

Approach:

- **Attack the V, Defend the Goal**
- **Offer something every ball**



FIELDING - U13/14S CAG PROGRAMME

Develop...

- A safe, repeatable and powerful throwing action
- An ability to catch basic to medium level chances consistently
- Fundamental movement patterns & awareness to **anticipate** & move off the ball (inc. split step, backing up & transitioning to throw)
- An ability to **go to ground** with confidence using a range of slides, dives & rolls
- An ability to cover ground athletically (through athletic development opportunities in sessions)

Approach:

- **Attack the V, Defend the Goal**
- **Highest energy side**
- **Offer something every ball**



FIELDING - U16/18S CAG PROGRAMME

Develop...

- A safe, repeatable and powerful throwing action (inc. from offset positions)
- An ability to catch consistently and look to take **game changing** half chances
- Fundamental movement patterns & awareness to **anticipate** & move off the ball
- An ability to **go to ground** with confidence using a range of slides, dives & rolls
- An ability to cover ground athletically to **control space** in the ring and on the boundary

Approach:

- **Attack the V, Defend the Goal**
- **Highest energy side**
- **Offer something every ball**
- **Net positive impact on the game - need more than neutral**





Wicket Keeping Framework

WICKET KEEPING - OVERARCHING

Develop...

- An ability to catch consistently by having head & hands in line
- A set up/posture that creates a strong position that can be maintained until the ball pitches when standing up
- An athletic position that allows you to move late & fast
- Strong hands & a big catching area
- An ability to move freely when stood back and be able to catch, dive and roll

Approach:

- How can I impact the game?
- WK sets the tone of the fielding group
- WK should provide tactical support to captain
- Focus on the next ball



WICKET KEEPING - EARLY ENGAGEMENT/DEVELOPMENT

Develop...

- An understanding of catching with head & hands in line
- A set up/posture that creates a strong, athletic position allowing for quick movements
- An understanding of strong hands & big catching area

Approach:

- **How can I impact the game?**
- **Focus on the next ball**



WICKET KEEPING - U13/14S CAG PROGRAMME

Develop...

- An ability to catch consistently by having head & hands in line
- A set up/posture that creates a strong, athletic position allowing for quick movements
- An understanding of off side step & leg side snap to move effectively, up to the stumps
- Strong hands & a big catching area

Approach:

- **How can I impact the game?**
- **WK sets the tone of the fielding group**
- **Focus on the next ball**



WICKET KEEPING - U16/18S CAG

PROGRAMME

Develop...

- An ability to catch consistently by having head & hands in line
- A set up/posture that creates a strong position that can be maintained until the ball pitches when standing up
- An athletic position that allows you to move late & fast
- Strong hands & a big catching area
- An ability to move freely when stood back and be able to catch, dive and roll

Approach:

- **How can I impact the game?**
- **WK sets the tone of the fielding group**
- **WK should provide tactical support to captain**
- **Focus on the next ball**

