

Warwickshire
County Cricket Club



BOYS COUNTY AGE GROUP

COACHING FRAMEWORK



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WHAT DRIVES US

To work at this level?



TO PRODUCE HOME-GROWN
TALENT FOR WARWICKSHIRE
& ENGLAND



TO BUILD COACHING
RELATIONSHIPS
THAT LAST



TO DELIVER A WORLD CLASS
PLAYER DEVELOPMENT
ENVIRONMENT



TO SERVE THE WIDER
GAME AT ALL LEVELS



OUR PASSION TO DEVELOP
THE WHOLE PERSON AS
WELL AS THE PLAYER



BEARS 4 PILLARS



PLAY SMART

Apply trained skills to matchday scenarios for the right reasons.



POSITIVE PLAY

Players are fully encouraged to take the positive option.



TEAM FIRST

All players actions reflect putting the team in a position to win above all else.



BE READY

All players prepare to perform consistently in terms of skills, nutrition, strength and conditioning and mental skills.



TRAINING PRINCIPLES



HEALTHY MISTAKES

If a decision turns into a mistake, being able to reflect on the event constructively & informing future decision making.



CHALLENGE

This should define our environment and set training / fixtures apart from club & school experiences.



DECISION MAKING

Execute a skill / decision confidently & without consequence / 'have a plan' / 'a poor plan is better than no plan'.



ADD VALUE

Players should leave every session / fixture having had a positive / constructive interaction with at least one coach.

COACHING BEHAVIOURS

Winter



With improved coach: player ratios, the lead coach has an opportunity to plan for a more dedicated 1-1 and small group focus.



Each age group coach should therefore have a clear idea of their role within each session, and have the opportunity to consider the key messages to impart to players, or idea where the session may lead in terms of player development.



Coaching plans should be published 24-48 hours before each winter session and deliver based upon this framework and the individual needs of the players therein.



Sessions should regularly consider:

- **Dedicated support to bowlers** – technically, tactically, physically.
- **The means to deliver fielding opportunities**, particularly those outlined in the framework to do with throwing, catching and ground contact.
- **Game awareness and tactical development.**
- **Strength and conditioning education.**

COACHING BEHAVIOURS

Summer



Team managers should have the squad selection and arrangements for the fixture 5-7 days in advance.



Lead and assistant coach should aim to be first 'on deck' having communicated regarding line-ups and player roles for the day, structure of the warm-up and coaching roles and opportunities during the day.



For internal matches, coaches should aim to rotate the umpiring so coaching input and direction can be offered live and throughout the day.



For external matches and where umpires are in place, coaches should aim to be as 'active' as possible making use of net facilities, player/coach lap chats, fielding and S&C opportunities, etc., to further player learning and development.



Number one priority is the individual development of your players and educating them as to how their skills and awareness can enable their team to be more successful, more often.



Player development should be prioritised ahead of winning matches EVERY TIME, however a defeat should be debriefed and the learning for player development discussed, including where the winning opportunity was lost.



U10-U12

Development Phase



DEVELOPMENT PHASE U10-U12

The Environment



FOCUS

is on skill development and applying to game situations



PLAYERS

cannot wait to come back next time



PROMOTING

early leadership skills



PLAYERS

becoming 'students of the game' - encouraging 'badger-like' behaviour



ROTATION & OPPORTUNITY



PLAYER & PARENT
induction and education



MULTI-SPORT
preference highly encouraged



PLAYER SELF-SUFFICIENCY
Prep / equipment / gameday conduct





U10-U12

Bowling



BOWLING U10-U12

General



POTENTIAL to establish a strong, individual, potentially unique, idiosyncratic & repeatable action



LEARNING about preparing the body to bowl, and effective strengthening techniques at the earliest opportunities



UNDERSTANDING how to be prepared for excellence from ball one



APPRECIATING that not all batsman play the same & players should start to understand and notice strengths & weaknesses



THE BOWLER is learning when and why to bowl both over and around the wicket



THE BOWLER is gaining experience at bowling at both RHB & LHB



GOOD FITNESS being as strong at the end of the spell compared to the start, and being able to bowl strong multiple spells



THE PLAYER'S knowledge of field settings should be confident and hold-up under pressure



BOWLING U10-U12

Fundamentals

CONSISTENTLY and repeatedly bowl best ball

THE ACTION is deemed to be safe and repeatable

IN CONTROL of spin, swing & seam movement, and understands the theory behind them (knowledge of grips, wrist position, alignment)

COMPARED TO PEERS, aiming for superior pace, bounce, movement or control, deception - or a combination

STRIVING to eradicate no balls, with a confident and marked run-up, plus clear take-off point

LEARN how to confidently look after / polish / clean a red ball



BOWLING U10-U12

Variation Skills



OPPORTUNITIES

to practice the yorker and
bouncer (where appropriate)



LEARNING

about powerplays



MASTERING

one slower ball variation



BUILDING

confidence in setting own
fields and changing it up





U10-U12

Batting



BATTING U10-U12

General



PLAYERS

are balanced & can bring the bat down straight consistently with a rhythmical backswing



PLAYERS

pick length well & execute the appropriate shots well



PLAYERS

are encouraged to speak in front of the group and to feedback to each other



PLAYERS

are encouraged to watch the ball / bowlers hand in order to pick up information early



PLAYERS

are asked to articulate what the plan is for the next phase of the teams innings



PLAYERS

learn to be a good judge of a single and fit / efficient enough to consistently run twos and threes



SHOW

very positive body language prior to running, and 'expect to say/ hear yes'

BATTING U10-U12

Fundamentals

CONSISTENT when scoring off the front foot- balanced and reliable shapes

DEVELOPING back foot scoring against increased pace

DEVELOPING leg side play:
Glance, drive, pull

UNDERSTANDING the difference between playing with, into and against spin

DEVELOPING sweeping and scoring off the back foot to spin, both sides of the wicket

BUILDING confidence to be proactive against spin early

GETTING right forward and right back equally well to spinners

BUILD confidence to leave the crease to spin

BEING RESOLUTE to straight balls with good defensive method against pace and spin



BATTING U10-U12

Developing flair



EXPERIENCING

hitting over the top to
access space off full
or length deliveries



FREEDOM

and opportunity to develop
hitting in unusual areas



BALANCING

the concepts of developing a
technique of sound fundamentals
with individual difference &
a successful outcome



U10-U12

Fielding



FIELDING

U10-U12



DEVELOPING
a consistent
throwing technique



INTRODUCING
throwing 'on the move'
under and over arm



INTRODUCING
direct hitting &
how to back up
accordingly



CLOSE, FLAT, HIGH
catching
(the latter a real focus)



DIVING CATCHING
getting physical &
used to ground contact



ATTACKING
'the V' & picking up in a
position to throw quickly
(under eyes/ close to front
foot/ chest on)



LONG BARRIER
(use only as an emergency
or when backing up)





U13-U15

Identification Phase



IDENTIFICATION PHASE U13-U15

The Environment



**HIGH CHALLENGE
HIGH SUPPORT**



SENSITIVE
to growth &
maturation
issues (PHV)



DEVELOP
more advanced
communication and
leadership skills



**ROTATION &
OPPORTUNITY**
in different roles



PLAYERS
given the
opportunity to
analyse matches
and players



**CHARACTER &
BEHAVIOUR ID**



PLAYER & PARENT
education



MORE SPECIFIC
athletic development



CONTINUE
to encourage
multi- sport
participation



ENCOURAGE
strong player self-
sufficiency; starting to
add value to peers
& training in pairs /
groups independently





U13-U15

Bowling



BOWLING U13-U15

General



POTENTIAL

to establish a strong, individual, potentially unique, idiosyncratic & repeatable action



LEARNING

to take responsibility for preparing the body to bowl, and effective strengthening techniques at the earliest opportunities



UNDERSTAND

a RAMP warm up and its role in preparing to bowl



THE BOWLER

is gaining experience at bowling at both RHB & LHB, and when and why to bowl both over and around the wicket



PLAYER'S KNOWLEDGE

of field settings starts to underpin all strategy



LEARNING

to articulate the batsman's strengths and weaknesses, and adapt skills / areas accordingly



A PLAYER

is able to assess different pitch conditions on a basic level, as well as weather and ground dimensions

BOWLING U13-U15

Red Ball

CONSISTENTLY & REPEATEDLY
bowl best ball

IN CONTROL of spin, swing
or seam movement

A VARIATION
(cutter / arm ball / googly, etc)

UNDERSTANDING the difference
between offensive and defensive plans

EXPERIENCING (through 2-day cricket)
second & third (or long) spells



AIMING to be superior in at least two
of pace, movement, control, bounce

UNDERSTANDING the importance
of shine and shape of the ball

STRIVING to eradicate no balls,
with a confident & marked run-up,
plus clear take off point

BOWLING U13-U15

White Ball

DEDICATED TIME to practice the yorker and bouncer (where appropriate)

MASTERING one slower ball variation (and thinking about a second)

UNDERSTANDING roles for each stage of a powerplay

STARTING to lead setting own fields and changing it up

UNDERSTANDING wobble seam and where to apply it





U13-U15

Batting



BATTING U13-U15

General



Players are balanced and can bring the bat down straight consistently, with a rhythmical backswing and downswing



Players are learning to read alternative deliveries through bowler adaptations or seam rotation



Players identify length and execute the appropriate shots consistently



Show very positive body language prior to running, and 'expect to say / hear yes'



Players are encouraged to communicate knowledge and information and provide feedback to other teammates



Players are a good judge of a single and maximises opportunities for twos and threes, and are fit enough to do so



Players developing a batting plan that can be applied in a variety of game situations, and communicated immediately prior to batting



BATTING U13-U15

Red Ball

VERY CONSISTENT when scoring off the front foot- balanced & reliable shapes

DEVELOPING back foot scoring against increased pace-comfortable with the uncomfortable

DEVELOPING ALL sweeps and scoring off the back foot to spin

BUILDING confidence to go strong options early vs spin

LEARNING different positions & guards at the crease in order to counteract various bowler types & conditions

GETTING right forward and right back spinners equally well

PLAYERS very confident to leave the crease



BATTING U13-U15

White Ball

HITS length balls over the top & over the boundary with power

DEVELOPING the ability to hit 360 degrees

ENCOURAGED to learn the options to ramp & / or switch hit

LEARNING how to score off yorker length deliveries

MOVES around the crease; creating angles with some success





U13-U15

Fielding



FIELDING

U13-U15



IMPROVING
distance and
accuracy
in throwing



ESTABLISHING
a good throw on the
move on both dominant
and non-dominant
sides (inc. direct hits)



DEVELOPING
strong close
catchers
& theory on
split placement



GIVING EXPERIENCE
(ahead of time)
of 'under the
helmet' catching



DEVELOP
a 'gamble' and
'don't play it safe'
mindset when
attacking the
ball / picking up



ELIMINATE LONG BARRIER
aiming to stay on feet



DEVELOPING
picking up with
weak hand



INTRODUCE
sliding and 'close to
boundary' options



GROUND CONTACT & DIVING
becomes second nature





U16+

Confirmation Phase



CONFIRMATION PHASE U16+

The Environment



**HIGH CHALLENGE
HIGH SUPPORT**



PLAYERS
regularly demonstrate
good communication
and leadership skills



VERY
clean and honest
feedback



SUPPORT
late developers



ATHLETE PLANS
for conditioning
and performance



**LIFESTYLE
ADVICE**



PLAYERS
confidently analysing
their own or others
performance



DUAL IMPORTANCE
of club and
county cricket



PLAYER
100% self- sufficient
for their own game



MULTI - SPORT
participation
encouraged





U16+

Bowling



BOWLING U16+

General



POSSESSES

a strong, individual, potentially unique, idiosyncratic and repeatable action



BOWLER

to take responsibility for preparing the body to bowl, and effective strengthening techniques at the earliest opportunities



SEAM BOWLER

aspires to bowl at 75mph plus, and has a mentality to run in hard / hit pitch



THE BOWLER

is skilled at bowling at both RHB & LHB and both over and around the wicket



PLAYER'S KNOWLEDGE

of field settings starts to underpin all strategy



READING

the pitch and the batsman's strengths and weaknesses, and adapt skills / areas accordingly



A PLAYER

is skilled at assessing different pitch conditions, as well as weather and ground dimensions

BOWLING U16+

Red Ball

CONSISTENTLY & REPEATEDLY
bowl best ball

IN CONTROL of spin, swing or
seam movement

A VARIATION
(cutter / arm ball / googly, etc)

ABLE to bowl wobble seam

EXPERIENCING (through 2-day cricket)
second & third (or long) spells

POSSESSES a strong understanding
of offensive & defensive plans

AIMING to be superior in at least
three of pace, movement, control, bounce

NO BALLS are a rarity, with a confident
and marked run-up, plus clear take-off point

VERY ADEPT at looking after /
polishing / cleaning a red ball



BOWLING U16+ White Ball

YORKER all lines to RH & LH

MINIMUM of two slower
ball variations

STRATEGIES for each
stage of a powerplay

IN CHARGE of own fields
as the game changes

READINESS for short
spells in T20 Cricket

POSSESS the skills
to deceive batters

SPINNERS able to change pace
and angle according to game plan





U16+

Batting



BATTING U16+

General



Players understand their own set-up – they are balanced and bring the bat down straight consistently under pressure



Players identify length and execute the appropriate shots consistently



Players put 'team first' in all scenarios



Players are able to read alternative deliveries through bowler adaptations or seam rotation



Players regularly communicate knowledge and information and provide feedback to other teammates



Show very positive body language prior to running, and 'expect to say / hear yes'



Players are an excellent judge of a single and maximise opportunities for twos and threes, and are fit enough to do so



Players possess a batting plan that can be applied in a variety of game situations, and communicate immediately prior to batting



BATTING U16+

Red Ball

BACK FOOT PLAY against pace – comfortable with the uncomfortable

AT EASE with scoring off the back foot to spin, both sides of the wicket

CONFIDENT to go to strong options early vs spin

KNOWS when to change position and / or guard at the crease to various bowler types & conditions

SWEEPS and uses feet to spinners equally well

Players understand their own set-up – they are balanced, 'in-rhythm' and bring the bat down straight consistently under pressure

Players identify length and execute the appropriate shots consistently, using quick, efficient footwork



BATTING U16+ White Ball

HITS full and length balls over the top & over the boundary with power

HAVE the ability to hit 360 degrees

HAVE the option to ramp and / or switch hit

SCORES off yorker length deliveries

Players understand their own set-up – they are balanced, ‘in-rhythm’ and bring the bat down straight consistently under pressure

Players identify length and execute the appropriate shots consistently, using quick, efficient footwork

MOVES around the crease; creating angles with ease

POSSESSES a ‘score off every ball’ mindset



BATTING U16+

Pre-delivery movements/triggers



Should align with natural movement and rhythm of batter



Movement should be early enough not to be rushed, and late enough to be in sync with the bowler



We are not in the business of telling a batter – 'you **MUST** have pre-delivery movement'



Movement should allow another movement to be possible at decision making



One size does absolutely not fit all



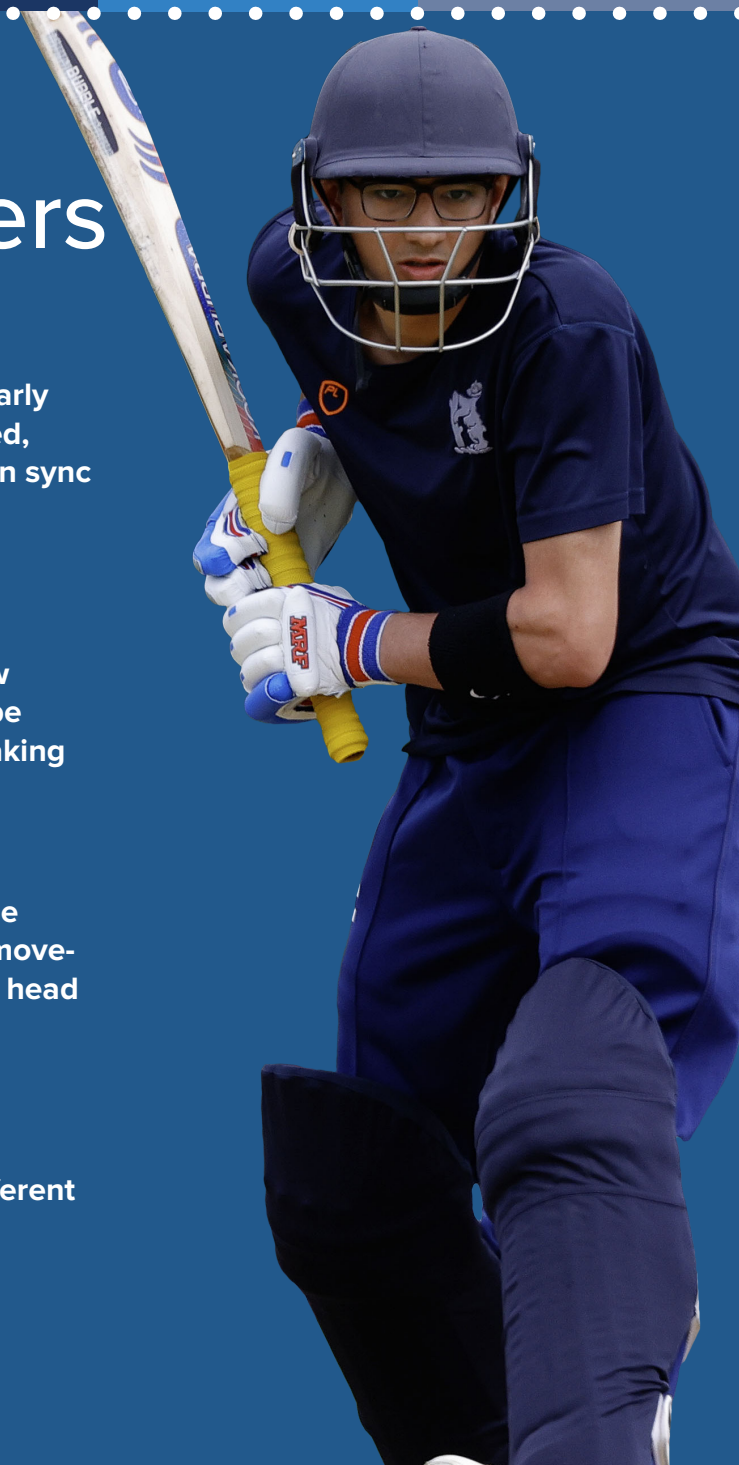
Consideration should be made as to where the movement takes the batter's head and balance at release



Pre-delivery movements could involve hands as well as feet.



A batter may adopt different plans / movement to pace / spin



BATTING U16+

Tactical



Players regularly communicate knowledge and information, providing feedback to teammates



Awareness of match-up opportunities in game. E.g., 'I'll take on the spinner'



Players possess a batting plan that can be applied to different game scenarios,



Showing very positive body language prior to running



Have a game to apply and absorb pressure



Players judge well running opportunities for 1's, 2's, 3's.



BATTING U16+

Psychological

EMOTIONAL CONTROL

Mind-racing / over-aroused / unclear on plans / go into survival mode. What brings the player present & grounded?
Scoreboard awareness / partner chat / thought process / routine

COPING WITH ANXIETY

Becoming comfortable with the uncomfortable. Building confidence via staged & planned skill development.
Constructive conversations with psych and key coaches

FOSTERING A GROWTH MINDSET

Belief in player strengths. Power of role modelling and 'filling the gaps'. Fostering a gratitude for privileges (training with older age groups / pros)

IMPACT OF PERCEIVED FAILURE

What is success today for this player?
Showing intent and judging on the process?
Noticing vs judging. Intent vs decision vs execution

PRE-BALL ROUTINE

Mental & physical cues, self-talk strategies, mindfulness & breathing



BATTING U16+

Physical

REPEATED SPRINT ABILITY

Perform repeated sprint efforts, and batting under fatigue and in pressured high pace / spin environments.

STRENGTH & POWER

Lower body: high levels of force to transfer into striking. Measured through the isometric mid-thigh pull & loads lifted.

AEROBIC FITNESS

To encourage high levels of concentration from players with higher levels of aerobic fitness. Measured through time-trial or yo-yo test.

STRENGTH & POWER

Hitting distance increase with higher levels of upper body and grip strength. Measured through chin up strength.

MOBILITY

Range of movement through hips and thoracic spine. Get into key positions quickly taking stress out of lower back. Measured by musculoskeletal screening scores.

STRENGTH & POWER

Core: High levels of rotational power. Trunk strength – protect lower back and side from injury. Measured through core capacity tests & medicine ball velocity.





U16+

Fielding



FIELDING

U16 +

**REFINING**

throwing accuracy
and competence

**ALL PLAYERS**

are able to throw on the
move when off-balance, on
both sides of their body

**EVERY TEAM**

has a strong group of
slip fielders and
'under the helmet' options

**WHOLE TEAM**

adopting a 'gamble' &
'don't play it safe' mindset
when attacking the ball /
picking up

**REFINING**

the use of weak hand

**TRAINING**

the 'worldy' moments – diving
catches fast moving balls /
on the boundary slides,
catches and stops /
direct hits

**ESTABLISHING**

areas for improvements
for all fielders in terms of
'blind spots' on dominant /
non-dominant sides





ALL AGE GROUPS

Wicket Keeping



WICKET KEEPING FUNDMENTALS

All age groups



STANCE & POSTURE

- 'Z shape'.
- Back straight not curved.
- Feet not too close together; create 'V' from ankles to knees.
- Feet wide enough to allow balanced & speedy movement.
- Glutes & quads very active releasing pressure on the back.
- Stay down and rise with the bounce.
- Thumbs open and wrists pushed back – large catching area.



STANDING BACK

- Routine based upon final strides of the bowler.
- Watch out for pre-delivery strides or movements that can bias movement when needed.
- Fingers pointing down when catching lower deliveries, and to the side for wider deliveries.



LEG SIDE STANDING UP

- Outside elbow tucks in to the hip and inside elbow rotates to keep large glove surface area.
- Outside hip opens up to give room.



THE RISING BALL

- Outside elbow tucks in to the hip and inside elbow rotates to keep large glove surface area.
- Outside hip opens up to give room.



FOOTWORK

- Promote quick, short, sharp feet movements.
- Keeping the head still and the posture sound.



DISTRACTION

- Good keepers eliminate distraction in terms of sighting the ball and mental techniques.
- Work on distraction skills & drills.



TIDYING UP

- Work on tidying up returns.
- Work on meeting the ball from return throws and half-volley takes.



FIELDING TACTICS



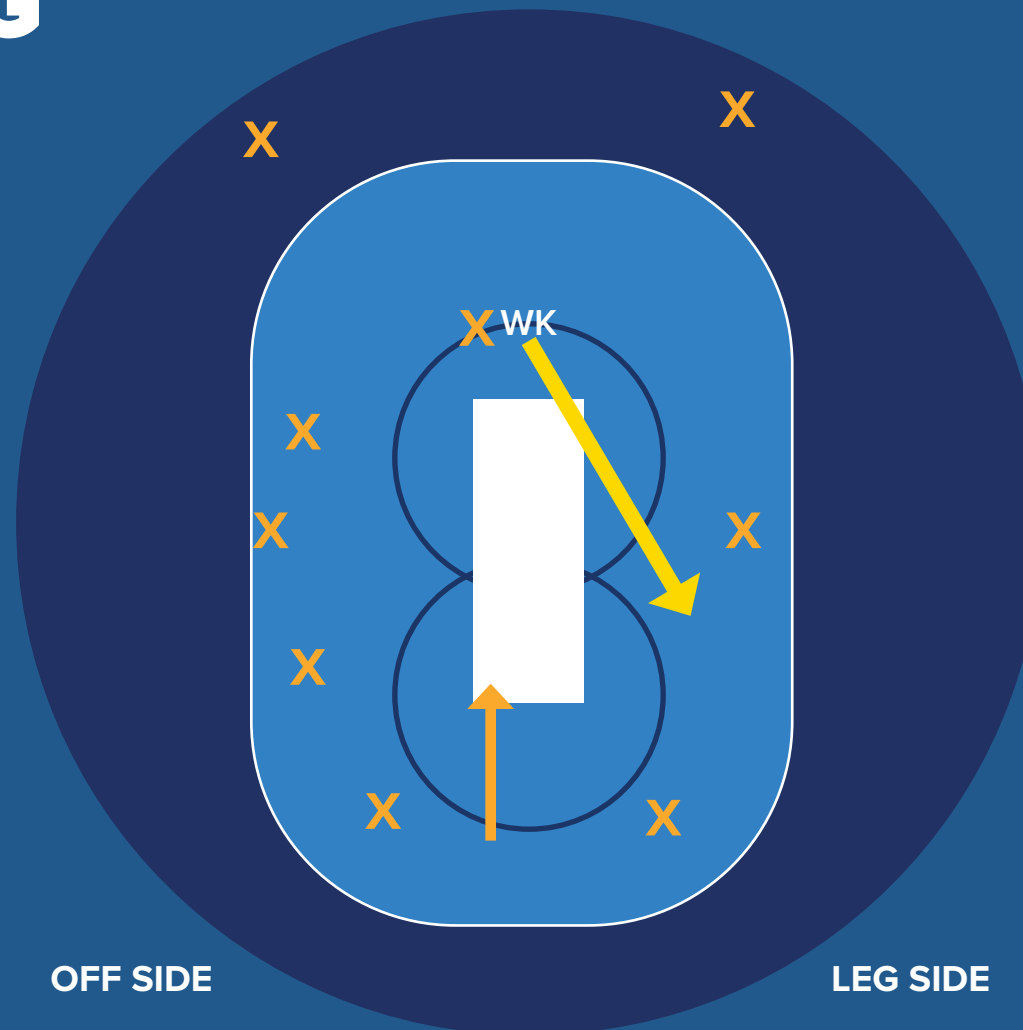
FIELDING Tactics

MEDIUM PACE

RH BAT

OPENING SPELLS

This field could also
be set for LA bowlers
and LH batters
(mirror image)



NOTES

Field setting should always have the bowlers **best ball in mind**, which would bring the stumps into play

Slip in place if there is pace / carry / quality bowling

If none of the above, slip would start or be moved to orthodox mid-wicket. 5/4 split field

Captain / bowler / keeper should consider pace of the pitch / bowler to establish how straight or square the field is placed

Generally, fields for need to be quite straight. For quicker surfaces / bowlers, the field would then move squarer

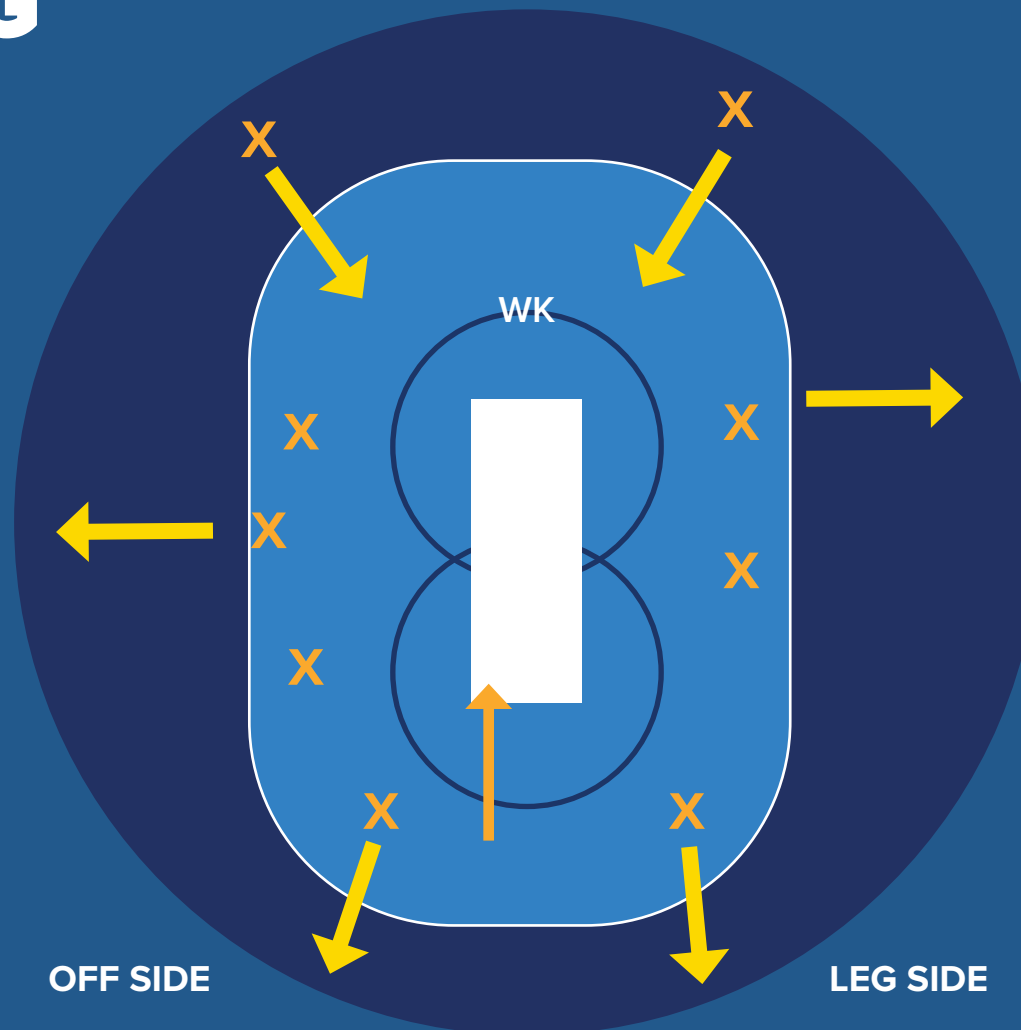
FIELDING Tactics

MEDIUM PACE

RH BAT

MIDDLE OVERS

This field could also
be set for LA bowlers
and LH batters
(mirror image)



NOTES

Field setting should always have the bowlers **best ball in mind**, which would bring the stumps into play

The red arrows (left) denote the 'saving one positions' that may be relaxed (one or some) onto the boundary, depending on the progress of an over / scoring areas of a batter / the consistency of the bowler

In PP2 regulations only allow four outside the ring max, so the need for either fine leg or third man to come inside the ring is common practice

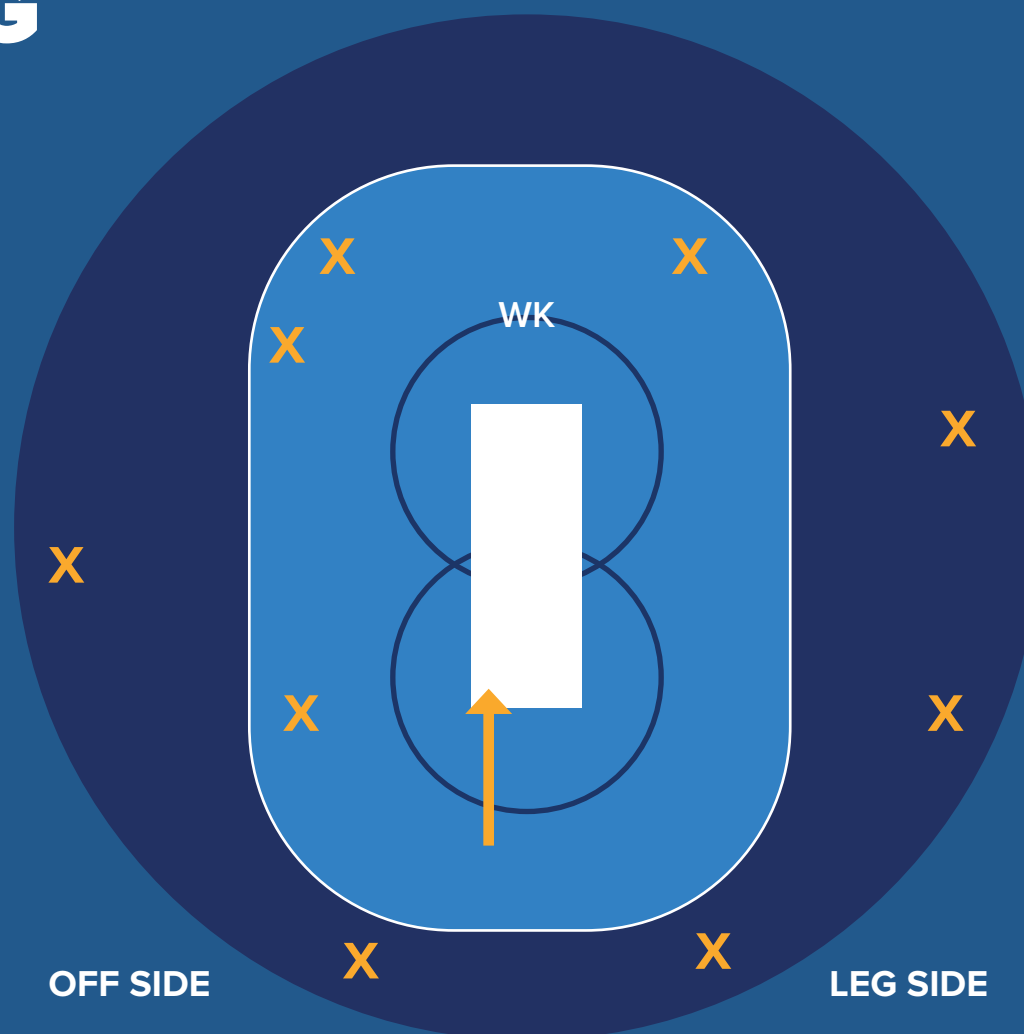
FIELDING Tactics

MEDIUM PACE

RH BAT

DEATH OVERS

This field could also
be set for LA bowlers
and LH batters
(mirror image)



NOTES

Field setting for death overs should always have a plan and a particular delivery in mind – for example slower ball / yorker / short delivery

The field shown here is a good example of a straight slower ball / straight yorker field, assuming that regulations allow five fielders outside the ring

Fielders outside the circle should be positioned to save two runs and the boundary of course. On bigger outfields they should consider whether they need to be a few paces off the boundary edge

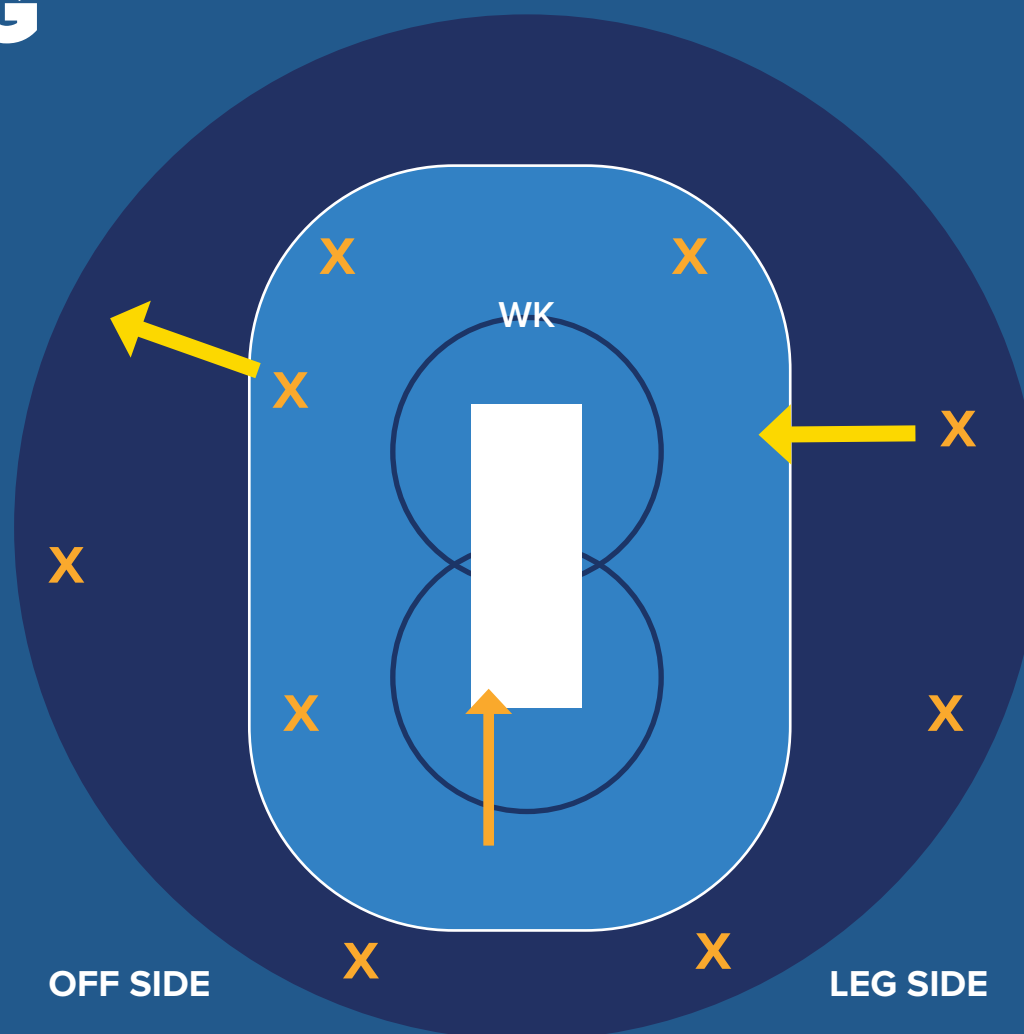
FIELDING Tactics

MEDIUM PACE

RH BAT

DEATH OVERS

This field could also
be set for LA bowlers
and LH batters
(mirror image)



NOTES

Field setting for death overs should always have a plan and a particular delivery in mind – for example slower ball / yorker / short delivery

The field shown here is a good example of a wide yorker field, assuming that regulations only allow five fielders outside the ring

Point may move onto the boundary and deep square becomes square leg

Fielders outside the circle should be positioned to save two runs and the boundary of course. On bigger outfields they should consider whether they need to be a few paces off the boundary edge

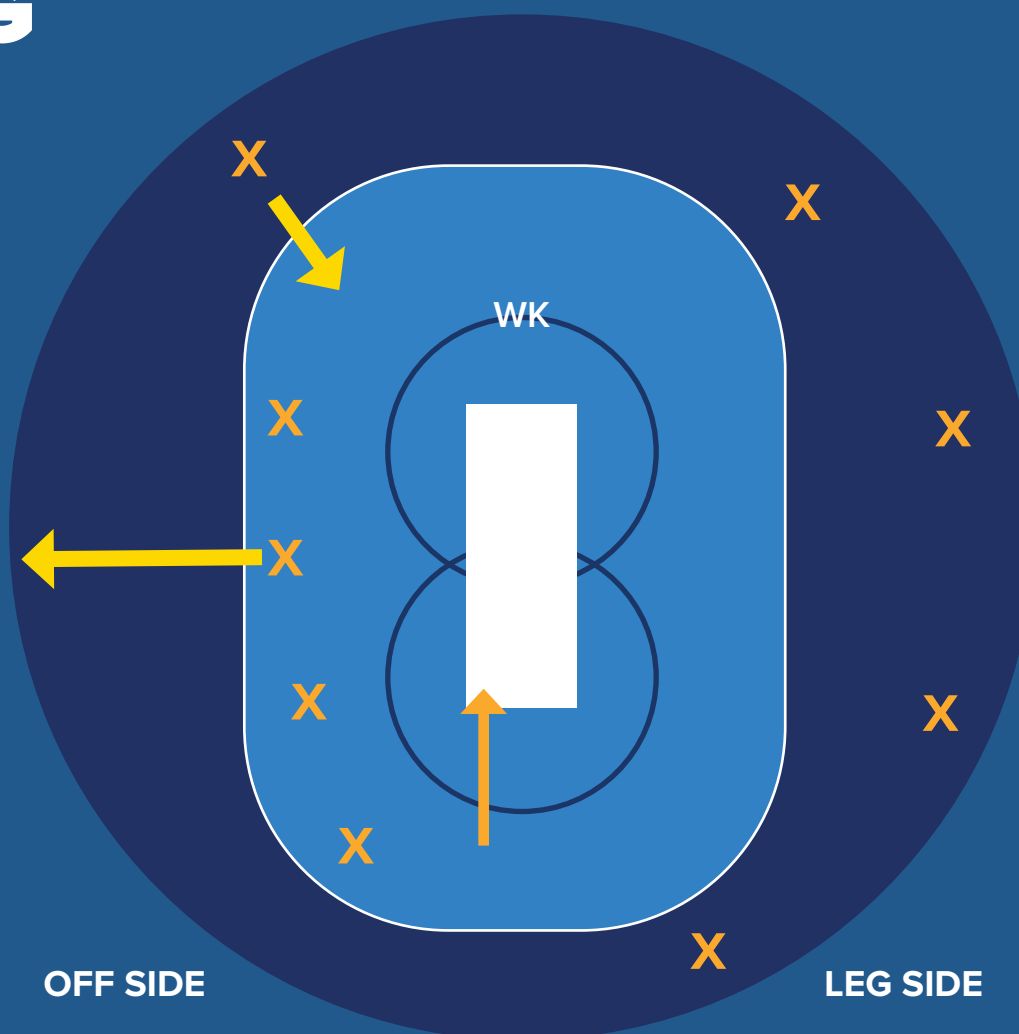
FIELDING Tactics

MEDIUM PACE

RH BAT

DEATH OVERS

This field could also
be set for LA bowlers
and LH batters
(mirror image)



NOTES

Field setting for death overs should always have a plan and a particular delivery in mind – for example slower ball / yorker / short delivery

The field shown here is a good example of a shorter delivery, bowled by a player with better than average pace, and aimed at the batter, offering no width

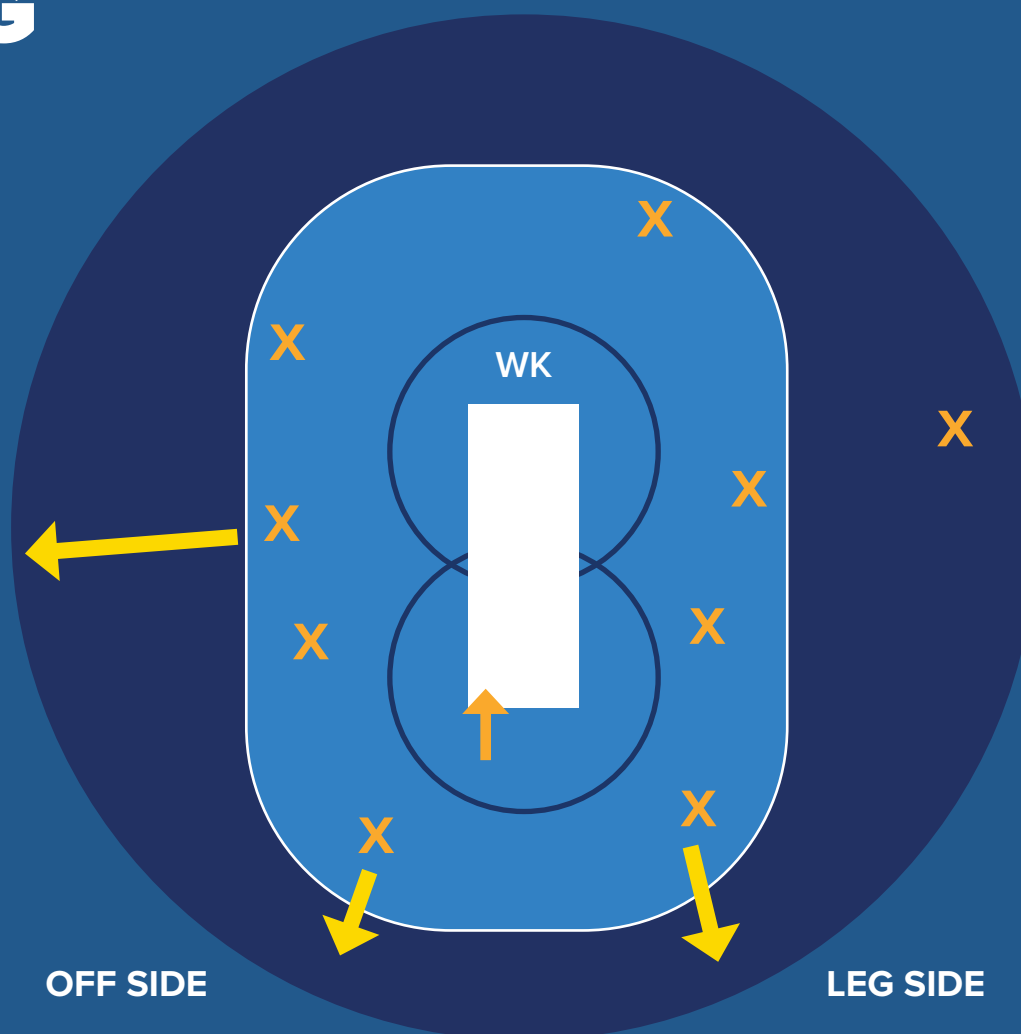
Fielders outside the circle should be positioned to save two runs and the boundary of course. On bigger outfield they should consider whether they need to be a few paces off the boundary edge

FIELDING Tactics

OFF SPIN

RH BAT

ORTHODOX & OPTIONS TO DEFEND



NOTES

Field setting should always have the **bowlers best ball in mind**, which would bring the stumps into play

The red arrows in the diagram give the potential options to turn an orthodox field into a more defensive one. This said, boundary fielders can be seen as tactical 'wicket taking' fielders due to the potential for catches in the deep

Fielders may be moved deeper during an over or between overs in response to the batter's approach, or to 'close out or protect' an over if it has gone well

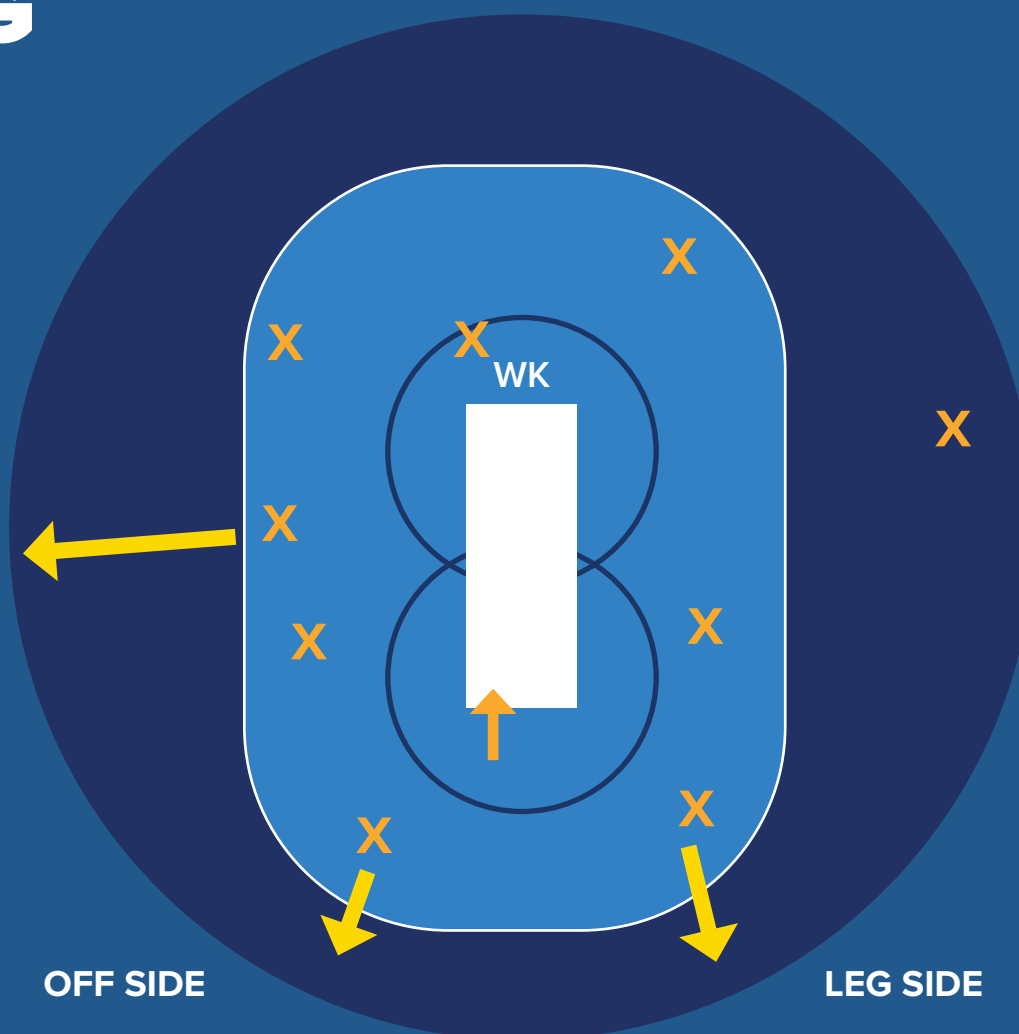
A spinner may also decide to start their spell with some protection on the boundary, and bring fielders in when settled in to the spell

FIELDING Tactics

OFF SPIN

RH BAT

ORTHODOX
& OPTIONS
TO DEFEND



NOTES

Field setting should always have the bowlers **best ball in mind**, which would bring the stumps into play

The red arrows in the diagram give the potential options to turn an orthodox field into a more defensive one. This said, boundary fielders can be seen as tactical 'wicket taking' fielders due to the potential for catches in the deep

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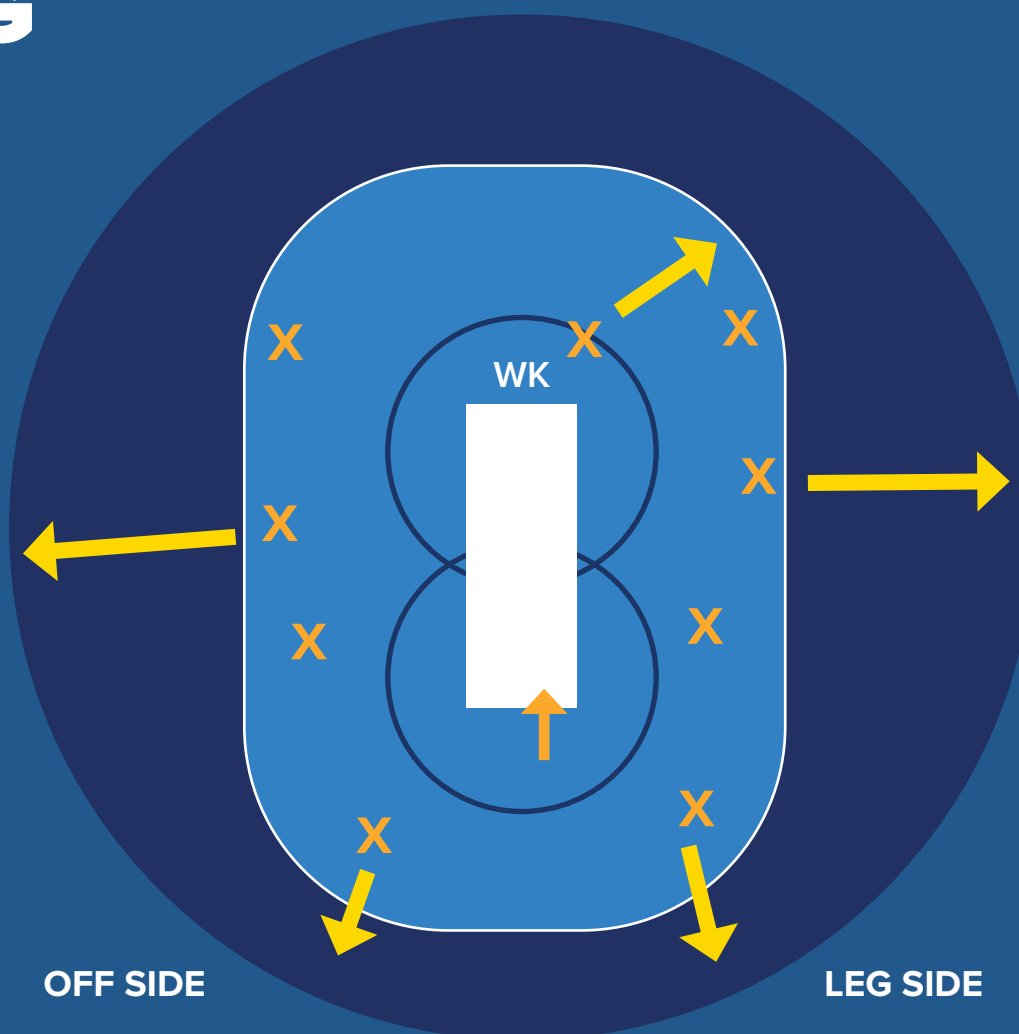
A spinner may also decide to start their spell with some protection on the boundary, and bring fielders in when settled in to the spell

FIELDING Tactics

OFF SPIN

LH BAT

ORTHODOX
& OPTIONS
TO DEFEND



NOTES

Field setting should always have the bowlers **best ball in mind**, which would bring the stumps into play

The red arrows in the diagram give the potential options to turn an orthodox field into a more defensive one. This said, boundary fielders can be seen as tactical 'wicket taking' fielders due to the potential for catches in the deep

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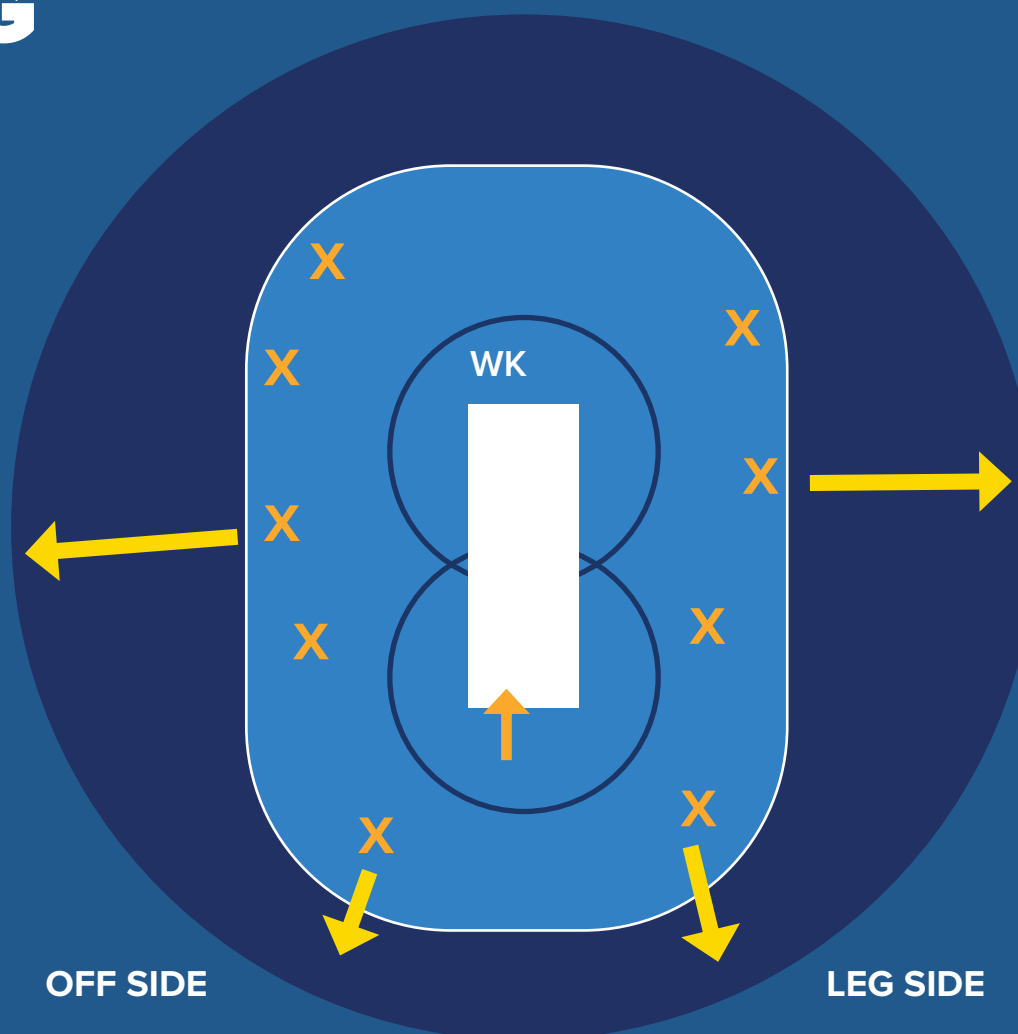
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FIELDING Tactics

LEG SPIN / LA FINGER
SPIN

RH BAT

ORTHODOX
& OPTIONS
TO DEFEND



NOTES

Field setting should always have the bowlers **best ball in mind**, which would bring the stumps into play

The red arrows in the diagram give the potential options to turn an orthodox field into a more defensive one. This said, boundary fielders can be seen as tactical 'wicket taking' fielders due to the potential for catches in the deep

Fielders may be moved deeper during an over or between overs in response to the batter's approach, or to 'close out or protect' an over if it has gone well

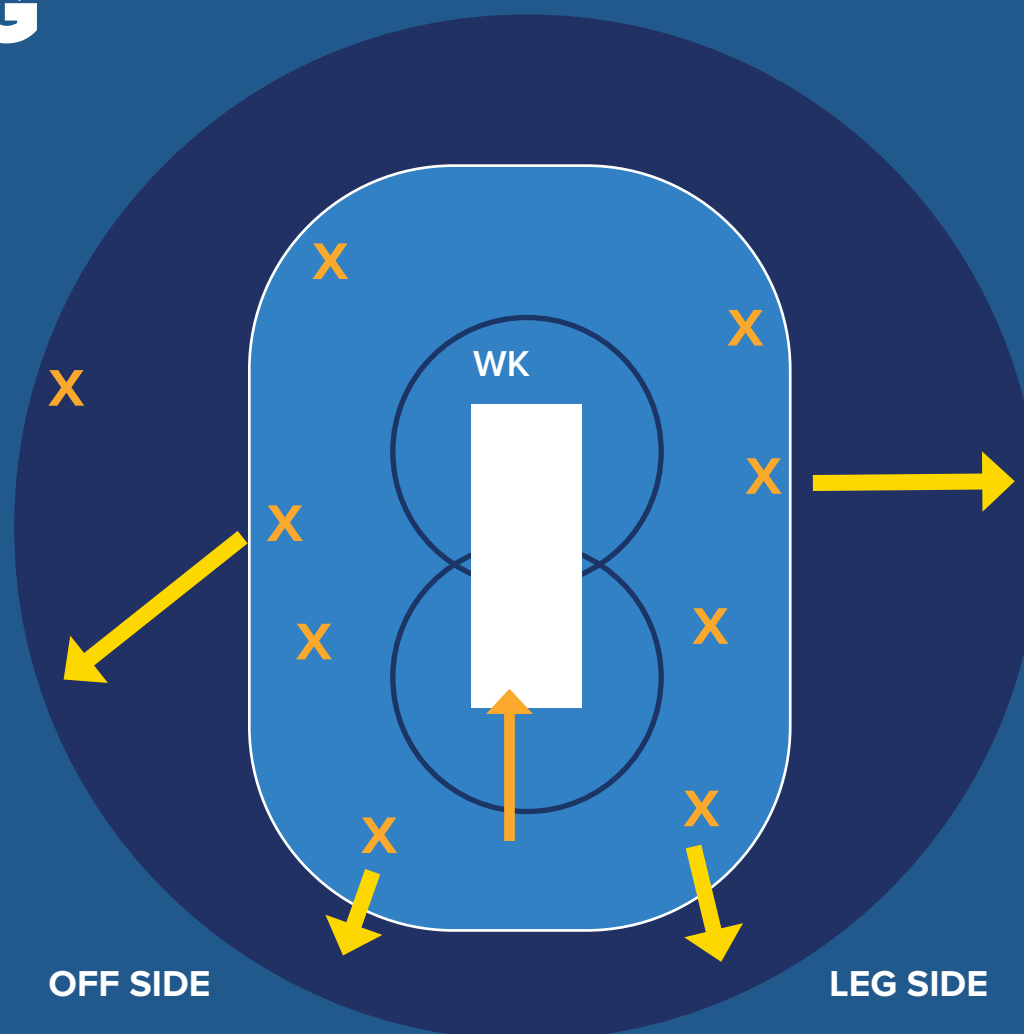
A spinner may also decide to start their spell with some protection on the boundary, and bring fielders in when settled in to the spell

FIELDING Tactics

LEG SPIN / LA FINGER SPIN

LH BAT

ORTHODOX & OPTIONS TO DEFEND



NOTES

Field setting should always have the **bowlers best ball in mind**, which would bring the stumps into play

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