



Kent Cricket Board

High Performance Cricket Plan 2008-11

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Introduction from High Performance Manager - Jason Weaver

It is my pleasure to introduce you to the Kent Cricket Board's High Performance Cricket Plan 2008-11. The purpose of this plan is to provide a framework for all those involved in developing the game and working with the most talented young players.

The High Performance Cricket Plan 2008-11 has been produced from feedback gained from coaches, administrators, players and parents. My hope is that with an increased awareness of what Kent Cricket Board is trying to achieve clubs, schools and districts will start to consider how they can help make the programme stronger.

Whilst this guide is extensive, it is designed as a point of reference for all questions relating to the development of talented players. In particular this High Performance Cricket Plan 2008-11 will help you:

- Understand the player pathway;
- Gain an insight into the Kent Cricket Ethos;
- Know where young people should be developing their skills;
- Get involved in developing our talented young cricketers.

Please do not hesitate to contact me, or one of the KCB team, at any time if you need guidance. Contact us too if you feel things are not working as they should be. We passionately believe that we can help every young player be the best that they can be, but this vision will only be achieved with your support.

Most of all, remember the game is about fun. Kent Cricket Board is committed to making sure this message is carried in all that we do, whilst still achieving the stretching and demanding standards we set for ourselves.

Key Result Area 2 - High Performance Cricket

Vision

To build a pathway for the stars of tomorrow and be recognised as the most consistently successful County team at all levels.

Objectives

To optimise the performance of Kent representative teams in national competitions and the prospects of Kent players in achieving national representation.

To refine the talent identification development programme at all levels of Kent Cricket to underpin the health of the game in the county.

Strategies

- Develop the “player pathway” model to encourage active participation in playing, coaching, umpiring and administration.
- Design and deliver training programmes that maximise the potential of cricketers from district to county level.
- Support and develop District Representative Cricket Programmes.
- Maintain the highest level of discipline both on and off the field of play.
- Develop a programme that uses the leading and emerging best practice in coaching, training and player development.
- Develop an optimum player and welfare support structure that incorporates a “total life” approach.
- Review venues and facilities to ensure they are optimal for talented player programmes.
- Establish an Emerging Players Programme (EPP) - to be known as the Junior Academy.
- Work with the KCCC Academy to develop those players with potential to become professional cricketers.
- Nominate players for regional ‘skills sets’ and regional teams.
- Ensure continued professional development for all county squad coaches and managers through a programme of specialist education.
- Review and further enhance talent identification programmes and initiatives.
- Continue the development of cutting edge statistical and video analysis methods.
- Maintain a healthy, ongoing relationship with past KCCC players.
- Support and actively promote the development of Girls’ County Cricket.
- Support and actively promote the development of Disability County Cricket.

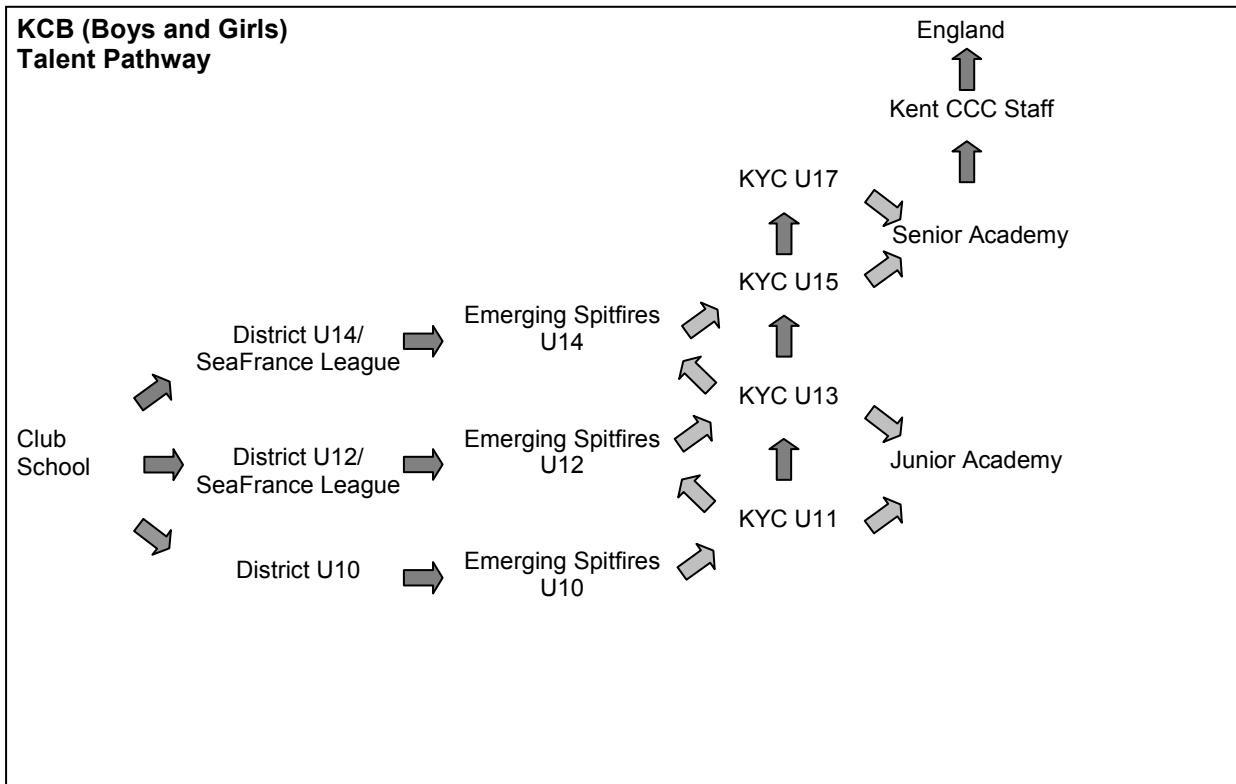
Performance Measures

- Kent is recognised as a respected and aggressive competitor at all levels.
- Kent consistently achieves top three positions across all levels of national competitions and two wins in age group competitions over three year period.
- Each year a minimum of four Kent players (two girls and two boys) achieve representation in England youth teams.
- Each age group squad wins at least 60% of all County matches.
- All County Coaches achieve UKCC Level 3.
- Positive trend in young players joining the KCCC staff.
- Kent cricket increasingly recognised as the leading example of talent development in cricket.
- Widespread 'buy in' to the philosophy of 'home grown' KCCC players is achieved across the county.
- A culture is created where what is best for the individual is placed ahead of what is best for the team.

High Performance Cricket - Relevant ECB IPP Sections 2.8, 2.9

Talent Pathway

Representative Cricket at all age levels is extremely important for the development of talented cricketers. It provides the opportunity for players to be challenged and have their skills extend to a greater extent than in normal competition. Many players (men and women) who progress along the pathway to first class and international standard have participated in representative cricket at various levels



Academy

The Academy was established by KCCC to develop those players with potential to become professional cricketers. With a proven track record, it should be what every aspiring professional Kent cricketer is aiming for. The Academy Scholars receive the very best coaching available.

Kent Young Cricketers

The Kent Young Cricketers programme is the key to the representative pathway. All teams will play against other counties in a competitive match programme. Since the reduction in the number of KYC teams this represents a truly elite programme (girls' programmes already had a streamlined structure).

Emerging Spitfires

The Emerging Spitfires squads have been developed to accommodate those cricketers who are close to achieving a place in a Kent Young Cricketers squad. All players in these squads should be working hard to win inclusion in the KYC programme.

District Cricket

With 16 districts all running comprehensive development programmes, cricket in Kent is very strong. This structure allows a massive reach and opportunities for all. Each district runs a boys' representative side at Under 10, 12 and 14. The SeaFrance League is the equivalent for girls' cricket as the first rung of the representative ladder.

Club Cricket

In recent years the volume of representative cricket has increased at many levels. However, participation in club cricket remains vitally important in the development of young players. The team aspect of cricket is extremely important and participation in a club certainly develops an understanding of this concept. Therefore representative players, parents and coaches should not fail to recognise the value of club cricket.

Skill Development

Representative cricket is a fantastic opportunity to develop the skills of players under pressure and competition they will not normally experience at school and club level. Players should experience as many different situations as possible; bowlers opening the bowling / bowling at end of innings/ batting for longer periods / building an innings, increasing awareness of strategy, etc. Players should be encouraged to discuss scenarios of the game and develop thoughts on strategy.

Captaincy / Leadership

The development of leadership skills should be seen as a priority in representative cricket. Unfortunately many representative cricket teams have the same captain throughout the age groups. Although this player may be the obvious leader in the group, captaincy should be rotated to ensure a number of players gain experience in this important aspect of the game. Not all players will develop into capable captains but the experience should improve their own game.

Spirit of Cricket

Representative cricket provides an excellent environment for the education of players in the 'Spirit of Cricket'. The reinforcement of the Spirit of Cricket is very powerful when players are under greater pressure to perform against respected peers. Coaches should be very aware of this and provide guidance and feedback on this important area of the game.

Facilities

Representative cricket should be played on and in the best available facilities to allow the best players of an age group to display their skills. From the earliest age it is beneficial for representative cricket to be played on quality wickets. It is important that indoor facilities are of a high standard or the experience could be negative. All facilities used in the High Performance Programme reach ECB TS-3 specification.

Pathway

It is vital for players in representative cricket to understand the future steps in the pathway. Players should understand what opportunities exist both short and long term.

Selection

Selection of cricket teams at all levels often becomes difficult when more players than positions are available. Selection for junior representative cricket can be contentious and quite emotional for those involved. For clubs and districts selecting representative teams selection criteria should be developed to ensure all selectors understand the objectives of selecting the team. The selection criteria for Kent Young Cricketers and Emerging Spitfires will:

- Be based on clear measures: Performance, Potential and Desire.
- Use statistics as a guide for selection, but they will not be the only consideration. *(add full stop)*
- Be communicated to all involved. This may not prevent disappointment for those not selected but may assist understanding the principles by which coaches select teams.

Non-selection

It is important for all to appreciate that although representative cricket provides opportunities for young players all will, at some stage, encounter disappointment. This is the nature of an elite system. However it should be remembered that players have reached higher levels of cricket, including International Cricket, without participation in representative youth cricket.

The Programme

Academy Programmes

Senior (or Normal) Academy - 14-19 years of age.

Kent County Cricket Club (KCCC) Academy is funded by England & Wales Cricket Board (ECB) for up to 12 places.

Players don't attend any age group Squad sessions.

September	Induction day For all players and parents Players to sign contracts with Chief Executive
October	Contact made with schools and places of education Academy Director to meet parents' and players for detailed meeting
November	One 1:1 session per week at Canterbury or other venue Group session on Thursday on fitness at Canterbury Group session on Sundays at Canterbury
December	One 1:1 session per week Group session on Thursdays Group session on Sundays
January	Two 1:1 sessions per week at Canterbury or other venue Group sessions on Sundays at Canterbury
February	Two 1:1 sessions per week at Canterbury or other venue Group session on Sundays at Canterbury Half term week off
March	Two 1:1 sessions per week Group sessions on Sundays

One parents' session before Christmas, as well as induction day, two parents' sessions after Christmas.

April	Players to have individual programmes for pre-season period
May	Monday night sessions 5.30 until 7.30pm
June	Monday night sessions 5.30 until 7.30pm

Junior Academy (Emerging Players Programme) - 11-14 Years of age.

Funded by KCB for up to 12 players per year.

- Designed on individual need to supplement the County Age Group Coaching and Match play Programme.
- Extra sessions provided based on player need e.g. Mental Skills Sessions/Leadership Skills.
- Run by High Performance Manager (Level 4) with Assistance from L3 Coaches.
- The group sessions will take place when main academy (Indoor Facility (ECC) which meets ECB TS-3) *(add full stop) (check intention - doesn't make sense)*
- Supplementary Staff in Mental Skills and/or Specialist Session Coaches for skill set work
- Players attend their own Squad sessions as well.

September	Induction Evening For all players and Parents
October	Meeting with players and parents for discussion
November	One group session on a Sunday
December	One group session on a Sunday
January	One group session on a Sunday Bespoke one to one programme as planned
February	One group session on a Sunday Bespoke one to one programme as planned
March	One group session on a Sunday Bespoke one to one programme as planned
April	Two half day sessions during pre-season
May	Half term one day group session

Under 11 and 13 boys' coaches to work on Sunday group sessions each month.

Kent Young Cricketers - Boys

Boys Under 17 KYC Programme - 2007-8

September	Squad selected - winter Squad of 14 to 16 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	2 cricket sessions Session one, whole group at Canterbury, fun session team building type activities. To include parents' meeting Session two, fitness testing, held at Canterbury
January	3 cricket sessions One venue only, Canterbury Each session two and a half hours (or three hours) Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term Half term, full Squad day at Canterbury, reassess fitness levels and do group tactical work
March	4 cricket sessions Last session to include parents, in an active way Winter coaching finishes at the end of March
April	2 day camp with overnight stay Squad day with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 2 matches in half term End of May Squad reduced to 14 players for the rest of the season.
June	Squad day Match towards the end of month, post exams
July	Squad day early in month 3 x 2 day matches
Aug	3 x 2 day matches / Squad day

Boys Under 15 KYC Programme - 2007-8

September	Squad selected - Winter Squad of 16 to 18 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	2 cricket sessions Session one, whole group at Canterbury, fun session team building type activities. To include parents' meeting. Session two, fitness testing, held at Canterbury
January	3 cricket sessions One venue only, Canterbury Each session two and a half hours (or even three hours.) Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term Feb half term, full Squad day at Canterbury, reassess fitness levels and do group tactical work
March	4 cricket sessions Last session to include parents, in an active session Winter coaching finishes at the end of March
April	2 day camp with overnight stay Squad day with indoor and outdoor facility No festival for this group, mini tour to Holland in May half term
May	Squad day on a Sunday in mid-month Squad day in half term 2 matches in half term At the end of May Squad reduced to 14 for the rest of the season
June	3 matches Squad day
July	5 matches
Aug	ECB Comps play off finals 2 Squad days if needed if reach play offs

Boys Under 13 KYC Programme - 2007-8

September	Squad selected - Winter training Squad of 20 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	2 cricket sessions Session one, whole group at Canterbury, fun session team building type activities. To include parents' meeting Session two, fitness testing, done at Canterbury
January	3 cricket sessions Group split in two, half at Canterbury, half at other venue, West or North Kent. Each session two hours each Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term Feb half term, full Squad day at Canterbury, reassess fitness levels and do group tactical work
March	4 cricket sessions Last session to include parents, in an active session Winter coaching finishes at end of March
April	2 day camp with overnight stay Squad day with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term Match in half term At the end of May Squad reduced to 14 players for rest of season
June	2 Sunday matches Squad day
July	3 Sunday matches Squad day at end of term
Aug	2 matches Squad day 5 days at festival

Boys Under 11 KYC Programme - 2007-8

September	Squad selected - Winter training Squad of 20 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting with over key issues
December	2 cricket sessions Session one, whole group at Canterbury, fun session team building type activities. To include parents' meeting Session two, fitness testing, done at Canterbury
January	3 cricket sessions Group split in two, half at Canterbury, half at other venue, West or North Kent. Each session two hours each Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term Feb half term, full Squad day at Canterbury, reassess fitness levels and do group tactical work
March	4 cricket sessions Last session to include parents, in an active session Winter coaching finishes at end of March
April	2 day camp with overnight stay for whole Squad Squad day at venue with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 1 match in half term End of May Squad reduced to 14 players for the rest of the season.
June	2 Sunday matches 1 Squad day
July	3 Sunday matches Squad day at end of term
Aug	2 matches 1 Squad day 5 days at festival at Taunton

Kent Young Cricketers - Girls

Girls Under 17 KYC Programme - 2007-8

September	Squad selected - winter Squad of 14 to 16 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	No cricket
January	3 cricket sessions Each session two and a half hours (or three hours) Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term
March	4 cricket sessions Last session to include parents, in an active way Winter coaching finishes at the end of March
April	Squad day with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 2 matches in half term End of May Squad reduced to 14 players for the rest of the season
June	Squad day Match towards the end of month, post exams
July	Squad day early in month 3 matches
Aug	3 matches / Squad day

Girls Under 15 KYC Programme - 2007-8

September	Squad selected - Winter Squad of 16 to 18 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	No cricket
January	3 cricket sessions Each session two and a half hours Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term
March	4 cricket sessions Last session to include parents, in an active session Winter coaching finishes at the end of March
April	Squad day with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 2 matches in half term At the end of May Squad reduced to 14 for the rest of the season
June	2 matches Squad day
July	3 matches Festival
Aug	ECB Comps play off finals 2 Squad days if needed if reach play offs

Girls Under 13 KYC Programme - 2007-8

September	Squad selected - Winter Squad of 20 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	No cricket
January	3 cricket sessions Each session two and a half hours Parents' session at end of January, "managing parents' expectations"
February	3 cricket sessions Week off from normal sessions at half term
March	4 cricket sessions Last session to include parents, in an active session Winter coaching finishes at the end of March
April	Squad day with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 2 matches in half term At the end of May Squad reduced to 14 for the rest of the season
June	2 matches Squad day
July	3 matches Festival
Aug	ECB Comps play off finals 2 Squad days if needed if reach play offs

Girls Under 11 KYC Programme - 2007-8

September	Squad selected - Winter training Squad of 20 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting with over key issues
December	No cricket
January	2 cricket sessions Each session two hours each Parents' session at end of January, "managing parents' expectations"
February	2 cricket sessions Week off from normal sessions at half term Feb half term, full Squad day at Canterbury, reassess fitness levels and do group tactical work
March	3 cricket sessions Last session to include parents, in an active session Winter coaching finishes at end of March
April	Squad day at venue with indoor and outdoor facility
May	Squad day on a Sunday in mid-month Squad day in half term 1 match in half term End of May Squad reduced to 14 players for the rest of the season
June	2 Sunday matches 1 Squad day
July	2 Sunday matches Squad day at end of term
Aug	2 matches 1 Squad day Festival

Emerging Spitfire Programme

September	U12 & 14 Squad selected - Winter training Maximum squad of 20 players
October	No cricket Coaches planning their sessions Coaches confirming their coaching teams
November	No cricket Coaches meeting to chat over key issues
December	No cricket
January	One session, whole group at Canterbury, fun session team building type activities - to include parents' meeting
February	3 cricket sessions Each session two hours each Week off for half term from normal sessions Parents' session at end of January, facilitated by coach; "managing parents' expectations"
March	4 cricket sessions Last session to include parents
April	1 Cricket Session Winter coaching finishes at end of 8 th Session
May	Squad day on Sunday in mid month Squad day in half term Match in half term At the end of May Squad reduced to 14 players for rest of season
June	1 Sunday match
July	2 Sunday matches
Aug	Taunton Festival

District Cricket Programme

Kent Cricket Board makes funding available to District Development Groups to run a large number of activities within each district. There are 16 districts and the nature of these programmes varies across the county. However there are 4 main components of each programme:

‘Open’ Coaching

‘Open’ coaching is available to all players (boys and girls) regardless of ability and experience in every district. From come and try it courses, to more specialist one-to-one sessions these opportunities are available to all. A special programme called ‘Seedlings’ is run for Under 9 cricketers.

Trials

Each District must hold squad trials before the final district squad is selected. All clubs and schools in each LA area must be made aware that trials are taking place. The whole structure relies on quality district trials, ensuring that the best players are discovered. KCB takes selection very seriously and intends that it be open to all. Advertising for these trials should have the highest possible profile to ensure equity.

District Squads

Once the trials are complete the majority of districts run squad coaching; an opportunity for the best players in the district to work together with the best coaches available. At the end of this coaching programme they should be ready for the district competition.

District Competition 2008

The success of the district competition relies on an ethos that states “we are developing quality cricketers” not “we are looking to win this at all cost”. This balance is difficult to achieve and requires sound judgement from managers; once established this should assist player development.

Each district has a District Development Officer who should be your first port of call for all cricket related matters. They will be able to offer advice on the right steps for a young player to take. Their contact details are published in many places.

Minimum Quality Standards - Player Development

Recommended Programme Content

	PROGRAMME CURRICULUM	District	County Age Group	Emerging Players Programme (EPP)
1.0	Technical & Tactical Development			
1.1	Grip, Stance, Backswing & Step	●	●	●
1.2	Striking off Front & Back Foot	●	●	●
1.3	Striking towards a target	●		
1.4	Offensive & Defensive strokes	●	●	●
1.5	Straight & Cross Bat strokes	●	●	●
1.6	Running between the wickets & turning	●	●	●
1.7	Triggers & Pre-Shot Movements			●
1.8	Decision Making		●	●
1.9	Risk Strategy			●
1.10	Scoring Options		●	●
1.11	Basic Bowling Action	●	●	
1.12	Bowling for Length & Direction	●		
1.13	Principles of Pace & Spin	●		
1.14	Refinement of Bowling Action		●	●
1.15	Tactical Bowling Decisions		●	●
1.16	Variation Deliveries			●
1.17	Reading the Batsmen's Strengths & Weaknesses		●	●
1.18	Reading the Pitch & Conditions		●	●
1.19	Introduction to Field Placing & Tactical Awareness	●	●	
1.20	More Advanced Field Placing & Tactical Awareness		●	●
1.21	Basic Stopping, Catching, Throwing & Diving Techniques	●	●	
1.22	1 & 2 handed Intercepts	●	●	
1.23	Close, Skim & High Catching	●	●	
1.24	Specialist Fielding Techniques Close, Ring & Deep		●	●
1.25	Basic Set Up, Catching & Diving for Wicket Keepers	●	●	
1.26	Off side & Leg side Catching for Wicket Keepers		●	●
1.27	Standing Up & Standing Back for Wicket Keepers		●	●
1.28	Influencing the Game for Wicket Keepers		●	●
1.29	Reading, Understanding & Influencing the Game		●	●
1.30	Captaincy Skills		●	●
2.0	Physical/Athletic Development			
2.1	Agility Development	●	●	●
2.2	Balance Development	●	●	●
2.3	Coordination Development	●	●	●
2.4	Speed Development (Linear, Lateral, Multidirectional)			●
2.5	Flexibility Development (Stretching Programmes)		●	●

2.6	Strength Development (Core groups using own body weight etc)			●
2.7	Aerobic Development for Cricket			●
2.8	Anaerobic Development for Cricket			●
3.0	Mental Skills Development			
3.1	Facing Challenges			●
3.2	Coping with Success & Failure	●	●	●
3.3	Competitiveness	●	●	●
3.4	Awareness & Focus on Mastery			●
3.5	Autonomy			●
3.6	Independence			●
3.7	“Winning Mind” Development			●
4.0	Performance Lifestyle			
4.1	Cricket as a Career		●	●
4.2	Educational Support			●
4.3	Preparing for the County Academy Programme			●
4.4	Managing your Time			●