



CRICKET-SPECIFIC DEVELOPMENT FRAMEWORK

A guide for players and their families to how we develop cricketers from age 14 through to senior performance environments.

PURPOSE OF THE FRAMEWORK

This framework provides clear, consistent guidance for coaches and players within the Canterbury Boys Academy / POI programme and the Pathway Programmes. It prioritises long-term development over short-term outcomes, prepares players for the demands of high-performance cricket, and supports an effective transition into senior environments.

It aligns Long-Term Athlete Development (LTAD) principles with The Canterbury Way, so that every player, parent and coach shares the same picture of what development looks like at each stage.

KEY PRINCIPLES

- 01** Late specialisation and long-term development.
- 02** Developmental age over chronological age, aware of peak height velocity (PHV).
- 03** Holistic preparation: technical, tactical, physical, mental and lifestyle.
- 04** Increasing player ownership with age and stage.

THE THREE STAGES AT A GLANCE



AGES 14–17

LEARNING TO TRAIN → TRAINING TO TRAIN

Build foundations and capacity: robust fundamentals and an understanding of game demands.

60% training / 40% competition

AGES 17–19

TRAINING TO COMPETE

Optimise performance readiness: consistent execution of a defined role under pressure.

50% training / 50% competition

AGES 18+

TRANSITION TO TRAIN TO WIN — SELECT PATHWAY

Individualised, role-driven and competition-dominant preparation for senior cricket.

Competition dominant

HOW TO READ THIS

Each stage is set out domain by domain — batting, bowling, fielding, keeping, and the physical, mental and lifestyle work that sits behind them. For every domain you will see the **development focus**, the **outcomes we are looking for**, and **how they are developed** in training. Stages overlap by design: players move on when they are ready, not on their birthday.

AGES 14–17

Primary focus: consolidating fundamental cricket skills, building physical capacity, and developing game awareness within a structured yet enjoyable training environment.

Foundations are built through high-quality repetition, deliberate practice and progressively harder challenges. Competition is used as a learning environment rather than a measure of success.

BATTING

Sound, repeatable technique

KEY OUTCOMES

- Full-face contact; still head with eyes on the ball
- Contact under the eyes, in the box
- Timing, and front- and back-foot competence
- Strike rotation
- Competence against the moving ball and increasing pace
- Basic short-ball awareness

HOW IT IS DEVELOPED

- Constraint-led nets
- Back-foot and spin drills
- Modified games
- Clear intent and simple game plans

PACE BOWLING

Safe action, accuracy and intent, tactical awareness

KEY OUTCOMES

- Repeatable action
- Momentum to the crease; body parts towards the target
- Seam presentation
- Stock-ball control
- Field-setting literacy

HOW IT IS DEVELOPED

- Technique monitoring and target bowling
- Consistency blocks
- Managed workloads
- Basic change-ups introduced later in the stage

SPIN BOWLING

Ball performance first

KEY OUTCOMES

- Spin the ball hard
- Reliable stock delivery
- Use of the crease and subtle changes of pace
- Basic field awareness and tactical understanding

HOW IT IS DEVELOPED

- High-repetition drills
- Bi-colour balls
- Simple field-setting discussions
- Game-based spin challenges

FIELDING

Athleticism, technique
and readiness

KEY OUTCOMES

- Correct, repeatable throwing technique
- Attacking pick-up
- Positional movement awareness

HOW IT IS DEVELOPED

- High-intensity circuits
- Competitive, decision-based fielding games

WICKET-KEEPING

Core keeping skills;
pride in the craft

KEY OUTCOMES

- Glove presentation
- Standing-up footwork
- Tidiness around the stumps
- Clear communication with bowlers

HOW IT IS DEVELOPED

- Dedicated keeping blocks
- Spin-specific sessions
- Reinforcement of keeping as a primary skill

TACTICAL AWARENESS

Learning the game

KEY OUTCOMES

- Understanding the phases of the game
- Emerging role clarity
- Basic batting and bowling plans

HOW IT IS DEVELOPED

- Scenario-based games
- Guided whole-group discussions
- Coach-led reflections

PHYSICAL DEVELOPMENT

Build the engine (PHV-aware)

KEY OUTCOMES

- Aerobic base
- Movement competency
- Heat tolerance and basic robustness
- Speed mechanics

HOW IT IS DEVELOPED

- One to two strength and conditioning sessions per week
- Growth monitoring, with individual modification

MENTAL SKILLS

Consistent habits and
resilience

KEY OUTCOMES

- Pre-ball routines and focus
- Positive response to error
- Healthy response to failure

HOW IT IS DEVELOPED

- Reflection activities
- Coach-led mental cues
- Foundational pre-ball routines

LIFESTYLE & BEHAVIOUR

Learn to train well

KEY OUTCOMES

- Preparation habits
- Nutrition and hydration basics

HOW IT IS DEVELOPED

- Lifestyle and nutrition education sessions
- Personal development plan (PDP) conversations

PDP ENGAGEMENT

Foundation of
ownership

KEY OUTCOMES

- Weekly informal check-ins
- Start, mid and end-of-block reviews

HOW IT IS DEVELOPED

- Led by the primary coach, with specialist input
- Coach-led PDPs focused on education and habit formation

TRAINING : COMPETITION

Approximately 60% training / 40% competition. Training is prioritised at this stage, and competition is used as a learning environment — a place to apply skills and gather feedback rather than a scoreboard to be judged on.

AGES 17–19

Primary focus: optimising performance capability, executing defined roles under pressure, and preparing players for transition into higher-performance environments.

KEY SHIFTS FROM THE PREVIOUS STAGE

Increased individualisation

Clear role definition

Higher accountability standards

BATTING

Role-specific execution

KEY OUTCOMES

- Power against spin and pace-off skills
- Playing pace of 130kph and above
- Advanced short-ball and moving-ball solutions
- Decision-making under pressure

HOW IT IS DEVELOPED

- Match-tempo nets
- Scenario and chase simulations

PACE BOWLING

Execute defined roles

KEY OUTCOMES

- New-ball, middle-overs or death skills
- Yorkers and slower balls
- Improved accuracy and tactical discipline

HOW IT IS DEVELOPED

- Role-based bowling blocks
- Pressure simulations

SPIN BOWLING

Control and deception

KEY OUTCOMES

- Stock ball bowled to the field
- Purposeful, disguised variations
- Tactical awareness
- Confidence when attacked

HOW IT IS DEVELOPED

- Game-based spin sessions
- Collaboration with the keeper

FIELDING

High-impact
contribution

KEY OUTCOMES

- Boundary awareness
- Run-out creation
- Role understanding and movement efficiency linked to that role
- Catching under pressure

HOW IT IS DEVELOPED

- Specialist position training
- Match scenarios

WICKET-KEEPING

Lead the fielding unit

KEY OUTCOMES

- Standing up under pressure
- Leadership and energy
- Tactical input and communication

HOW IT IS DEVELOPED

- Keeper-led drills
- Pressure-based keeping

TACTICAL AWARENESS

Advanced game
understanding

KEY OUTCOMES

- Clear phase-specific plans
- Understanding and exploiting match-ups
- Momentum management and tactical adjustment
- Role clarity, with increased player ownership of tactical decisions

HOW IT IS DEVELOPED

- Player-led tactical reviews
- Scenario- and game-based training
- Video analysis and scouting
- Leadership opportunities
- Guided reflection and feedback loops

PHYSICAL DEVELOPMENT

Optimise the engine

KEY OUTCOMES

- Strength converted to power
- Repeat-sprint ability
- Load tolerance and recovery behaviours

HOW IT IS DEVELOPED

- Individualised gym programmes
- Strength and conditioning monitoring

RECOVERY & LOAD

Sustain performance

KEY OUTCOMES

- Effective recovery
- Managed bowling and throwing loads

HOW IT IS DEVELOPED

- Bowling diaries and load management
- Individual recovery plans

MENTAL SKILLS

Perform under
pressure

KEY OUTCOMES

- Advanced pre-ball routines
- Emotional control

HOW IT IS DEVELOPED

- Pressure training
- Reflective reviews

LIFESTYLE & PROFESSIONALISM

Prepare for the next level

KEY OUTCOMES

- Self-management
- Leadership
- Accountability

HOW IT IS DEVELOPED

- Ownership of the PDP
- Academy / POI standards

PDP ENGAGEMENT

High accountability

KEY OUTCOMES

- Weekly informal check-ins
- Formal block reviews

HOW IT IS DEVELOPED

- Shared ownership between player and coach
- Rising player accountability

TRAINING : COMPETITION

Approximately 50% training / 50% competition. Exposure is balanced, and the competition a player takes on is chosen to serve their development goals.

AGES 18+

This transition stage supports high-potential athletes preparing for senior performance environments. It extends the framework to make the alignment between **Training to Compete** and **Train to Win** explicit.

HOW TRAINING CHANGES

- Training is individualised, role-driven and competition-dominant.
- Athletes own their preparation and their professionalism away from the ground.
- The measure is the ability to perform reliably under pressure.

HOW COACHING CHANGES

- Coaches increasingly operate as performance consultants rather than instructors.
- PDPs are athlete-led, with coach oversight.
- Plans are aligned to performance outcomes.

THE CANTERBURY WAY

DEVELOP THE PLAYER, AND THE PERFORMANCES FOLLOW.