



CRICKET-SPECIFIC SKILLS FRAMEWORK

A guide for players and their families to the skills we develop from U17 through to U19, and what each stage is asking of a cricketer.

PURPOSE OF THE FRAMEWORK

This framework sets out the skills that matter at each stage of the Canterbury female pathway, so that players, parents and coaches share the same picture of what development looks like. It follows late specialisation and long-term development, aligned with Long-Term Athlete Development (LTAD) and The Canterbury Way.

It is organised by skill domain; batting, pace bowling, spin bowling, fielding and wicket-keeping - and read stage by stage.

KEY PRINCIPLES

- 01 Long-term over short-term.** Development is prioritised ahead of short-term results, so players are built for the senior game.
- 02 Developmental age first.** Players are treated by developmental age, not birth date, with growth and maturation (peak height velocity) monitored.
- 03 Holistic preparation.** Technical, tactical, physical, mental and lifestyle development are progressed together.
- 04 Growing player ownership.** Responsibility shifts steadily from coach-led to player-led as players move through the stages.

THE TWO STAGES AT A GLANCE

U17 AGES 14–17

LEARNING TO TRAIN

Build robust foundations and physical capacity through high-quality, deliberate repetition.
Approximately 60% training / 40% competition.

U19 AGES 17–19

TRAINING TO COMPETE

Optimise performance readiness and execute clearly defined roles under pressure.
Approximately 50% training / 50% competition.

HOW TO READ THIS

Each stage is set out domain by domain. For every domain you will see the **development focus** and the **skills we are looking for** at that stage. Stages overlap by design: players move on when they are ready, not on their birthday.

U17 | AGES 14–17

Primary focus: building foundations, capacity and game understanding — sound, repeatable technique across batting, bowling, fielding and keeping, alongside aerobic base, movement competency, speed mechanics and growth-aware modification.

Approximately 60% training / 40% competition, with coach-led personal development plans (PDPs). Competition is used as a learning environment at this stage.

BATTING

Sound, repeatable technique

SKILLS AT THIS STAGE

- Balanced base, still head and full-face contact
 - Strike rotation and clear, simple game plans
 - Positive running between the wickets
 - Front- and back-foot competence
 - Pick length and move accordingly
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PACE BOWLING

Safe action, accuracy and intent

SKILLS AT THIS STAGE

- Repeatable, safe bowling action
 - Consistent seam presentation
 - Field-setting ownership and basic tactics
 - Momentum to the crease; body parts towards the target
 - Stock-ball control and accuracy
 - A clear stock-ball strength
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SPIN BOWLING

Ball performance first

SKILLS AT THIS STAGE

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

FIELDING

Athleticism, technique
and readiness

SKILLS AT THIS STAGE

- Correct, repeatable throwing technique
- Positional movement awareness
- Energy and standards in the field
- Attacking pick-up and clean hands
- Catching fundamentals in all positions
- Confident diving and rolling

WICKET-KEEPING

Core skills and pride in the
craft

SKILLS AT THIS STAGE

- Glove presentation and clean takes
 - Tidiness around the stumps
 - Support fielders with positioning and angles
 - Standing-up footwork
 - Confident diving and rolling
 - Keeping treated as a primary skill
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U19 | AGES 17–19

Primary focus: optimising readiness and performing defined roles under pressure, with strength converted to power and deliberate load, recovery and workload management. Approximately 50% training / 50% competition, with shared ownership of PDPs; competition is aligned to individual development goals.

KEY SHIFTS FROM THE PREVIOUS STAGE	Increased individualisation	Clear role definition	Higher accountability standards
BATTING Role-specific execution	SKILLS AT THIS STAGE - Power hitting against spin and pace-off - Positive options to spin - Decision-making under pressure - Competence against the moving ball and increasing pace - Adapt game plans - Clarity of role and innings construction		
PACE BOWLING Execute defined roles	SKILLS AT THIS STAGE - New-ball, middle-overs or death role skills - Yorkers and effective slower balls - Improved accuracy and tactical understanding - Performing to plan under pressure - Bowling load and recovery management		
SPIN BOWLING Control and deception	SKILLS AT THIS STAGE - Stock ball bowled to the field - Purposeful, disguised variations - Tactical awareness and reading match-ups - New-ball, middle-overs or death role skills - Competent fielding off own bowling - Confidence and composure when attacked - Collaboration with the keeper		

FIELDING

High-impact contribution

SKILLS AT THIS STAGE

- Boundary awareness and execution
- Movement efficiency linked to role
- Increased competence diving, rolling and sliding
- Understanding of specialist positions
- Run-out creation and pressure building
- Throwing from a range of distances
- Catching under pressure

WICKET-KEEPING

Lead the fielding unit

SKILLS AT THIS STAGE

- Standing up under pressure
- Tactical input and communication
- Clear communication with bowlers
- Consistency across formats and surfaces
- Leadership and energy behind the stumps
- Standing-back footwork
- Managing return throws

THE CANTERBURY WAY

**DEVELOP THE PLAYER AHEAD OF
THE RESULT.**