

# SOMERSET CRICKET BOARD

Our Development Programme is now into its eighth year. The programme follows the model of our highly successful county age group system and is specifically designed to be age and ability appropriate to help develop young cricketers.

We will be running four age specific courses at the Cooper Associates County Ground.

## PURPOSE OF THE COURSE

To improve the standard of young players in Somerset and provide them with greater opportunities to succeed in school, club, pathway and county age group cricket.

## AIMS OF THE COURSE

- To provide children in School Years 2 - 10 with an appropriate course for their age and ability, at a suitable time of the year
- To nurture the skills of young cricketers and give them the opportunity to fulfil their potential
- To provide players with the opportunity to develop their cricket skills and understanding of the game, encouraging a lifelong passion for cricket to grow
- To develop players technical, tactical, physical and mental skills
- Ensuring players have the best opportunity to improve by keeping player : coach ratios at a maximum of 6 : 1

## PLAYER PATHWAY

The Development Programme is an entry route into our player pathway. Players on the Development Programme can be nominated for Somerset pathway training by the coaches.

# DEVELOPMENT PROGRAMME



# PROGRAMME AIMS FOR EACH AGE GROUP

## School years 2 & 3

The main aim in this age group is for children to have an enjoyable first experience of cricket. Each session will promote the basic skills of cricket along with the fundamental movement skills (agility, balance, coordination and speed). Each session will involve fun games that will inspire children to develop a lifelong passion for the game. As children progress through this stage they will start to expand their cricket specific skills. All sessions will use a softball throughout.



## School years 4 & 5

In this age group players will start developing their cricketing knowledge and continuing to expand their cricket specific skills. They will also develop their techniques and be introduced to tactical elements of cricket through skills drills and game-play. As the sessions progresses players will continue to develop their tactical and technical knowledge and skill. A range of coaching methods will be used for skill acquisition and development. Match play and game scenarios will be introduced to further develop tactical awareness. A mixture of soft and hard balls will be used.



## School years 6 & 7

The focus in this age group will be on the continued improvement of tactical and technical knowledge through skill and net practises. . Players will also start to develop their mental skills to compliment the technical and tactical side of their game. Players attending should be playing competitive hard ball cricket. Appropriate balls (softball and hardball) will be used depending on the specific practise.



## School years 8, 9 & 10

Within this age group the focus of tactical and technical knowledge through skill and net practises will continue. Advanced skills are focused on to allow the acquisition of skills related to match play. Players will also continue to develop their mental skills to compliment the technical and tactical side of their game. Players attending should be playing competitive hard ball cricket and making significant contributions to their team. Appropriate balls (softball and hardball) will be used depending on the specific practise.



**\*Please note that this is a general outline of each age group, and each session will be tailored to meet the needs of each individual player\***