



# Bucks Cricket: Pathway – Our Approach

This document provides an overview of:

- Our Values
- Our Expectations of players, parents and coaches
- Technical ‘Building Blocks’ for players to work towards





# Bucks Cricket: Pathway – Our Approach

## OUR VALUES

Everyone enjoys winning, scoring runs, taking wickets, catches and run-outs. However, as a pathway **our focus** goes beyond that:

### Long-Term measures of Success, *e.g. how many players:*

- Progress onto our partner Professional Men's (Northants CCC) & Women's (Southern Vipers) Academies and careers in the pro game
- Progress into Bucks Men's and Women's 1<sup>st</sup> XIs
- Stay in the game in Club Cricket after their pathway journey ends
- Become coaches and contribute to the next generation's development

### Improvement and Enjoyment by providing:

- Fair (not always equal) opportunities for players to realise their potential
- Coaching expertise (challenge & support) that enhances players' skills and mentality
- An enjoyable environment to play and build friendships

**High quality coaching and match play for as many players as possible, for as long as possible, within our resources**

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## Players:

You will need :

- Technique that is aligned, relaxed and repeatable
- Skills and game plans that adapt to different situations, conditions and opposition
- Trust your strengths, have no fear and learn from every experience
- Be a competitor, always want to improve, love the game and don't take the bad days to heart
- Practice with purpose
- Athleticism and power
- Support your teammates

## Parents:

You are a huge reason why your child is where they are today, thank you!

Avoid putting pressure on your child to perform, trying to influence their decisions on game days or debriefing the game when your child (or yourself) might still be processing the emotions from the day.

Foster a love of the game that will endure no matter what level they play at.

## Coaches:

Balance long-term success with immediate progression – don't get caught up in the good or bad days.

Create an enjoyable learning environment.

Communicate clearly with parents, players and Bucks Cricket staff/coaches.

Understand what's needed at different ages/stages of a player's development.

Get to know the players and use both challenge and support to develop them.

Provide fair (not always equal) opportunities for players to realise their potential.





*'Building Blocks': There is far more skill to the game than these positions, but if players get close to these then every skill becomes easier to perform repeatably*

## Bucks Cricket: Pathway – Batting 'Building Blocks'



Head – hands – feet aligned through each phase (yellow line)

Toe of the bat above head height as batter moves towards the ball (blue circle)



Grip and swing that allows full face of the bat to strike through the ball.

Transfer bodyweight into the ball



# Bucks Cricket: Pathway – Fast Bowling ‘Building Blocks’



Run-up, jump & bowling action aligned to target



Non-bowling arm low in the jump



Non-bowling hand above head height when front leg extends



Bowl over a braced front leg



# Bucks Cricket: Pathway – Spin Bowling ‘Building Blocks’



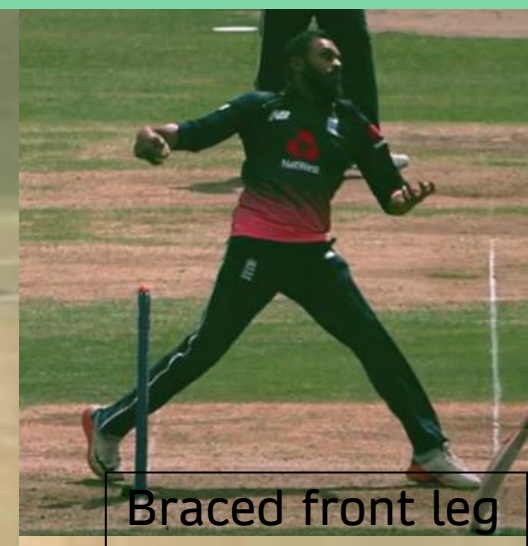
Run-up, jump & bowling action aligned to target



Hips & Shoulders side-on to batter



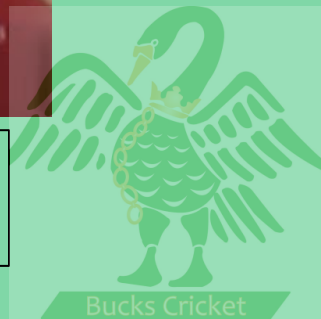
Feet aligned back foot toes to front foot heel



Braced front leg



Rotate shoulders in follow-through



# Bucks Cricket: Pathway – Fielding ‘Building Blocks’



Split step position  
as the ball is hit



Throw: hips & shoulders  
side-on and wide base



Keepers: Z shape posture (blue  
line) with hands out in front  
Hands present a big catching area



Athletic diver



Able to pick up and  
throw on the move