



PLANNING FOR LONG-TERM SUCCESS

THE LONG-TERM PLAYER DEVELOPMENT MODEL FOR CRICKET



WHAT IS LTPD?



The LTPD is a general guideline framework that explains where young players should be at each stage of their cricket development from the age of 6 until they retire.

While the emphasis is on developing younger players, anyone can use the LTPD to grade their own progress and improve their game.



SUMMARY



Bermuda's Cricket's Long-Term Player Development plan is a vehicle for change in the way cricket is designed and delivered. It is athlete-centered from the moment the child is first introduced to the sport and includes the development of that child through adulthood.

While no two athletes are exactly alike, this LTPD provides a pathway and general guidelines for optimal performance based on the various stages within an athletes development.



AIMS



Offer solutions for the cricket community



Enhance all participants experience within the sport



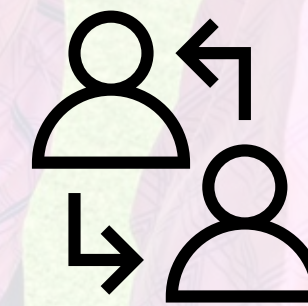
Promote age appropriate physical literacy and psychosocial development



Underscore best practices for player health & safety



Encourage age-appropriate skill development progression



Prolong individual engagement through improved infrastructure



Promote life-long engagement through mentoring and recreational play

FUNDAMENTAL STAGE

6 - 9 BOYS, 6 - 8 GIRLS

KEY PRINCIPLES

01

The abc's & specific movement skills:

- Agility, balance, coordination, speed, striking, catching & throwing.

02

Positive attitudes:

- About themselves
- About others
- About the activities
- About the sport

03

The learning environment The programme should...

- Be Fun, Well Structured, Be Regularly Monitored, Have no formal competition schedule at this stage, Aim to include 3-4 sessions per week of activity, Include both boys and girls, Encourage involvement in other sports and activities.

MATCHES

Make them simple and modified to increase understanding and improve game awareness Structure games so that tactical awareness and decision making are key outcomes of a session allowing children with different abilities to succeed.

Coaches should ensure that:

1. Endurance, speed and power are developed through fun active games.
2. Any strength work only involves children supporting and moving their own body weight
3. The basics of flexibility are introduced through fun activities.
4. The focus is on developing overall athletic ability, basic striking, catching, throwing and the basic bowling action in a fun environment rather than grooving cricket techniques - that can come later!
5. All forms of effort are praised
6. They remember development is a long slow process and be patient with players and their progress!

LEARNING TO TRAIN STAGE

9 - 12 BOYS, 8 - 11 GIRLS

BASIC SPORT SPECIFIC SKILLS DEVELOPMENT

AIM

- To start developing the patterning of movement associated with batting, bowling, fielding and wicket keeping techniques whilst building upon and further developing overall athletic skills learned during the Fundamentals phase

WINDOW OF OPPORTUNITY

- Motor skills & coordination development

KEY PRINCIPLES

- Introduction to general physical conditioning including the key components of endurance, strength, flexibility and speed.
- An introduction to more specific cricket skills including the safe and consistent patterning of movement associated with batting (front foot - drive & defense, back foot - drive & defense, pull shot, cut shot, running between the wickets, bowling (basic action, grip, run up delivery, follow through, pace, spin, line & length), fielding and wicket keeping techniques (catching, high catch, offensive, defensive, long, short, overarm, underarm Wicket Keeping: set up, where to stand, basic glove work).
- Flexibility programme with particular emphasis on shoulder, elbow, spine, core and ankle stability.
- Medicine ball, swiss ball & own body weight exercises for strength and power.
- An introduction to mental skills and mental toughness training towards the end of the phase.
- Remedial programme support i.e. help with technical skills or other areas of skill deficiency.
- Respecting and understanding the history of the game. • Positive attitudes and behaviors on and off the pitch.
- Emphasis on learning to train and practicing rather than performance outcomes.
- Modified games for increased understanding and match awareness

TRAINING TO TRAIN STAGE

12 - 16 BOYS, 11 - 15 GIRLS

DEVELOPMENTAL PHASE

Critical skill & Physical Development
“Building the Engine”

AIM

- Further develop cricket specific skills and focus on “Building the Engine” of physical conditioning for sporting performance

WINDOWS OF OPPORTUNITY

- Onset of PHV (Peak Height Velocity) i.e. Growth Spurt - important reference point in programming
- Speed #2
- Strength - immediately after PHV for females & 12-18 months post PHV for males

KEY PRINCIPLES

- Emphasis on general physical conditioning including the key fitness components of endurance, flexibility, strength and speed
- Special window of opportunity for developing speed and strength.

- Increased technical work on front foot and back foot offensive and defensive techniques (soft hands, shot decision making, proper footwork, making a decision on guard, running between the wicket decisions, rotating the strike, batting tactics, front foot drive variations, back foot drive variations, plus new shots (leg glance, sweep, hook, reverse sweep, ramp) ; pace and spin bowling techniques (grip variations for different types of delivery, spin, pace, swing, ball care, bowling tactics, control of line & length); enhanced keeping and fielding skills grip variations for different types of delivery, spin, pace, swing, ball care, bowling tactics, control of line & length; effective practice techniques; raising awareness and increasing responsibility. Maximizing - endurance, strength, flexibility speed (whole body), maintaining fitness in a highly competitive schedule, maintenance of body weight
- Introduce Individualized Training Program dependent on specific needs associated with roles within the game and stage of growth and development
- Fitness test protocols established to benchmark and monitor development of physical capacities.
- Onset of PHV (Peak Height Velocity i.e. beginning of growth spurt) is an important reference point and determines extent and frequency of training. Seek expert advice to ensure appropriate training and for optimum benefit.
- Extension of mental skills and mental toughness training.
- Remedial program support i.e. help with technical skills or other areas of skill deficiency.
- Monitoring of growth and development including regular height checks to identify key periods for appropriate training
- Reinforce positive attitudes and behaviors on and off the pitch.
- Teaching of Performance Lifestyle Skills including the important ancillary areas such as health and nutrition, communication skills, media, balancing study and play, time management etc.

TRAINING TO COMPETE STAGE

16 - 18 MEN, 15 - 17 WOMEN

DEVELOPMENTAL PHASE

Competition & Competitive Development

AIM

- Enhancement of Cricket Specific skills and focus on Game Awareness and Competitive Development.

WINDOW OF OPPORTUNITY

- Strength - immediately after PHV for females & 12-18 months post PHV for males.

KEY PRINCIPLES

- Creating the optimum environment for learning to take place including the development of autonomy, independence and individual responsibility.

- Cricket specific technical and tactical work in competitive situations replicating the opportunity to make key decisions; decide on methods; make judgements; assess risks; learn from mistakes; create pressure; recognizing key match moments etc. through Constraint training. Advanced batting, bowling, fielding skills while still developing batting. Bowling and fielding plans.
- Coaches manage and engineer environment rather than managing every action.
- Mentoring and guidance from elite players.
- More specific Performance Lifestyle advice and support including future training and skill needs; managing touring; financial advice, drug education, career advice, education guidance and support
- Continue Individualized Training Programs dependent on specific needs associated with roles within the game.
- Fitness test programme to benchmark and monitor development of physical capacities.
- Integrated sport science support to ensure appropriate and individualized programs.
- Maintenance flexibility program.
- Remedial programme support i.e. help with technical skills or other areas of skill deficiency.
- Specialization in cricket during this phase with other sport activity to provide training variety and interest.
- Potential for double periodized year through overseas tour i.e. 2 competition phases during the year which will influence timing, intensity and volume of training.

TRAINING TO WIN STAGE

18+ MEN, 17+ WOMEN

DEVELOPMENTAL PHASE

Specialisation & Performance Development

AIM

- The maintenance of physical capacities and the development of elite performer attributes

WINDOWS OF OPPORTUNITY

Maintenance of key performance components

- Flexibility
- Speed
- Endurance
- Strength
- Skills
- Mental Conditioning

KEY PRINCIPLES

- Maintaining the optimum environment for learning to take place including the development of autonomy, independence and individual responsibility.

- Cricket specific technical and tactical work in competitive situations (constraint training) replicating the opportunity to make key decisions; decide on methods; make judgements; assess risks; learn from mistakes; create pressure; recognizing of key match moments; dominating situations etc. performance under pressure with error reduction and consistent match specific skills.
- Coaches manage and engineer environment rather than managing every action.
- Continue Individualized Training Programs dependent on specific needs associated with roles within the game.
- Integrated sport science support to ensure appropriate and individualized programs.
- Maintenance flexibility programme.
- Focus on team dynamics.
- Maintenance of physical capacities.
- Importance of planned rest breaks to avoid injury and burn out
- Remedial programme support i.e. fine tuning technical work
- Potential for double periodized year through overseas tour i.e. 2 competition phases during the year which will influence timing, intensity and volume of training.
- Extension of Performance Lifestyle programme but with a focus on career development and education guidance.



BOYS PATHWAY

Pee Wee 5 - U7 – Fun

U8 - Movement Skills Development - 8-aside

U10 – Basic Skills Development - 8 aside

U12 – Critical Skills Development

U15 - Critical Skills Development & Physical Development

U19 – Competition & Competitive Development

U23 – Specialization and Performance Development

Senior Men's National Team - Play to Win



GIRLS PATHWAY

Pee Wee 5 - U7 – Fun

U8 - Movement Skills Development - 8-aside

U10 – Basic Skills Development - 8 aside

U11 – Critical Skills Development

U13 - Critical Skills Development & Physical Development

U16 – Competition & Competitive Development

U19 – Specialization and Performance Development

Senior Men's National Team - Play to Win



COACHING PATHWAY

ICC Foundation – equips participants with the knowledge needed to support qualified coaches in delivering fun-first experiences for new and beginner cricket players.

ICC CRIIO Cricket - equips participants with the knowledge needed to deliver fun-first experiences for new and beginner cricket players

ICC Level 1 - Provides technical knowledge required to deliver cricket sessions to new and beginner players (Youth Club Cricket)

ICC Level 2 – Provides coaching to players at a competitive level and prepares them for the next level which would be that of high-performance sport (Senior Men's – Coach Club Cricket and National Academy Coach)

ICC Level 3 - qualification is designed to equip cricket coaches with the necessary tools and knowledge to excel at coaching elite-level players (National Team – Senior Men's Team Coach)

International Coaching Badges for High-Performance Accreditation – Senior Men's National Team Head Coach (National Academy Director – High-Performance)

Cricket West Indies

English Cricket Board

Cricket Australia

Board of Cricket Control India

GLOSSARY OF TERMS

- **☒The Player Development Pathway:** is the developmental journey that a young player undertakes from “Playground to representing Bermuda” which provides them with the best opportunity of realizing their potential within the sport.
- **☒Stages of Growth and Development:** The phases of LTPD which relate to the physical, mental and emotional maturation of the individual.
- **☒Optimal Performance:** The balance of play, practice, train and rest over a player's career which provides the best opportunity for successful performance.
- **☒Play:Practice:Rest ratios:** The weekly, monthly and annual balance between play, practice and rest experienced by players.
- **☒Chronological Age:** The age of a child by date of birth.
- **☒Biological Age:** gauged by the physiological development of the organs and systems in the body.
- **☒Remedial Support Programs:** designed to correct any shortcomings in skill at a time later than they would normally have been acquired.

- **☒☒Peak Height Velocity (PHV):** The onset of the period of most rapid physical growth and maturation during the early years of a young persons life - often referred to as the “growth spurt”.
- **☐ABC'S:** Agility, Balance, Coordination & Speed. The building blocks of any sporting movement.
- **☒Growth:** The measurable changes in body size.
- **☒Maturation:**The development of body organs and systems.
- **☒Development:** The interrelationship between growth and maturation over time.
- **☒Windows of Opportunity:** The time during a person's physical maturation when they have a greater opportunity for accelerated adaption of certain skills than at other times.
- **☒Periodization:** A player's programme of training periods, each of which will have different goals and training methods. The periods are designed to maximize gains in the different components of performance and are normally split into Macros cycles (a few months to several years); Meso cycles (usually 2-6 weeks duration); and Micro cycles (usually 7 days duration).

