

THE CUMBRIAN WAY

Coaching Template 2025

**CRICKET
IN CUMBRIA
IS FOR ALL**



**CUMBRIA
CRICKET**
A GAME FOR ME

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**CUMBRIA
CRICKET**
A GAME FOR ME

3 fold mission

1. Develop a pathway to give young players the opportunity to enjoy & improve.
2. Produce Cumbrian cricketers to progress and win for the NCCA & Tier 3 team.
3. Facilitate aspiring talented players to progress into the professional game.

Batting

Head, Hands & feet aligned.
Smooth bat path, up & down before contact.
Play late.
Improve basics to allow skills to be executed better over a longer period.
Build an innings through the 4 phases.
Develop options V spin.
Develop options V pace.
Explore & learn your game

Pace bowling

Athletic approach, alignment to target.
Ensure the action is safe.
Back heel not landing at BFC.
Vertical alignment.
front arm high.
Stability in legs.
Separate shoulders & hips for power.
Head towards target.
Know what a good ball feels like.
Explore variations

Spin bowling

Straight approach.
Alignment to target.
Tall release point.
Chest drive to target.
Attack off stump.
Dive off your own bowling.
Back heel not landing at BFC.
Explore variations.
Defend with field – attack with ball.
Spin it to win it!

Keeping

Focus on the next ball.
Set up is key!
Present gloves – big catching area.
Keep sight of the ball.
Head, hands & feet inline with the ball.
Hands move first for leg side takes, then the head, then feet snap quickly.
Assist the captain.

Fielding

Expect every ball.
Specialist fielders for positions.
Want to change the game.
Ground fielding priority; attack the ball, get low, pick the ball up out in front of you.
Hit the stumps.
Take your catch.
Catch with confidence.
Throw with power.
Read the game and anticipate.



AIMS & GOALS

- Develop a Coaching Pathway to give young players the opportunity to improve.
- Concentrate on what players can do.
- Up skill young Cumbrian batters to improve basics to allow them to execute skills better over a longer period of time.
- Underpinning technique with skill development.
- An emphasis on batting longer and straighter.
- An emphasis on competitive training with challenges.
- Develop an aligned Pathway from Early Engagement through to NCCA & Tier 3 team.
- To produce another Ben Stokes, Liam Livingstone or Jordan Clark .



ETHOS & VALUES

- Practice sessions should be Inspiring and challenging.
- Promote 2way communications between player and coach.
- Coaches to be clear and specific.
- Adopting a positive brand of cricket.
- Players are expected to be Hardworking, Honest & Respectful.
- Coaches are expected to be Hardworking, Honest & Respectful.
- Seek and action feedback.
- Goals need to be clear, specific & measurable.
- Communication with parents at the end of every session is crucial.
- Players & coaches to adopt & carryout the Spirit of Cricket.



PATHWAY MODEL

We aim to offer a pathway which is linked from the good work delivered in Schools and National Programmes in clubs through to our new Early Engagement Programme (EEP) on to District Hub cricket then onto County Age group Cricket (CAG) then on to senior representative cricket and beyond to the professional game. A strong coherent Pathway which links well with Lancashire CCC & Durham CCC. We also aim to offer a pathway which breaks down barriers to make the game accessible to all.

National Programmes/Schools cricket → Club cricket → EEP → District cricket
County Age Group Cricket (CAG) → Elite Player Programme (EPP) →
Development team (U23) → National Counties Team (NCCA) & Tier 3 team.



BATTING PROCESS & OUTCOME

- Develop a process to allow Cumbria batters to deliver the basics and execute their skills over a longer period of time.
- Improved set up with head, hands & feet aligned.
- Bat path from 1st slip, hands close, top hand elbow needs to be engaged with forearm parallel to the ground. Smooth & rhythmical, up and down before contact.
- Toe of the bat point vertical at top of backswing, watch it doesn't go towards fine leg.
- Encourage players to play the ball late.
- To understand how to build an innings -
- 4 phases – 1. Defend under pressure, 2. drop and run, 3. hit 2s on the ground, 4. strike boundaries . 24 ball challenge.
- Forward and back V spin. Sweeping options. Down the wicket. Vertical bat punch on the back foot.
- Duck, sway, leave, defend, punch & pull the quicks.
- Opportunity to explore your game and encourage players to have a clear plan.



PACE BOWLING PROCESS & OUTCOMES

- **No action is totally safe, check the bowler has no major issues at FFC.**
- **Athletic approach into alignment through the crease and the follow through.**
- **Consistent alignment to the target.**
- **Strong knee drive from the back leg towards your target, get off back foot quickly.**
- **Correlation between back heel not landing at BFC and increased pace and accuracy.**
- **Non-bowling arm needs to be high and to grab the batter and pull towards yourself.**
- **Braced front leg - straight or slightly bent towards the batter (braced means it doesn't collapse).**
- **Separate shoulder line from the hips to create power.**
- **Head towards your target over the front knee.**
- **Encourage the bowler to have a plan and stick to it, understand their best ball and repeat over time.**
- **Develop options for variations and know what they feel like.**
- **To be able to adapt to different surfaces, conditions and situations.**



SPIN BOWLING PROCESS & OUTCOMES

- Consistency in a straight approach run up.
- Aligned to the target through the crease.
- Correlation between the back heel not landing at BFC and end results.
- Arms start in front of the face and go to the target.
- Release the ball as tall as you can to create bounce and deceive the batter.
- Chest drive and complete the action with energy to target.
- Attack the top of off stump.
- Explore variations, and understand field placing to support these.
- Defend with your field, attack with the ball.
- Cover the pitch either side fielding off your own bowling.
- Attacking mindset to spin it and take wickets. Attack with the ball, defend with your field.



KEEPING PROCESS & OUTCOMES

- Catch the ball!
- The most important ball is the next one!
- Concentration – switch-on and switch-off.
- Set-up is key, balanced & with good posture, is yours right for you.
- Clear line of sight to the ball when stood up or back .
- Big catching area - present the gloves, thumbs out, arms must be relaxed.
- Head, hands, feet inline every time you catch the ball.
- Gloves should always be at the same height as the ball.
- Leg side take - track the ball from the off side until it pitches then move- hands go.
first, then head, feet snap last. SICI – “see it, catch it”
- Be the centre point of the team with energy.
- Assist the captain/bowler with field placings and angles during match play.



FIELDING PROCESS & OUTCOMES

- Concentrate & expect every ball.
- Specialist fielders in most important positions.
- Desire to change the game with a contribution in the field.
- Hit the stumps from any angle. Practice from every angle.
- Take a diving catch from any angle.
- Solid foundations of balance, alignment and rhythm.
- Consistently able to catch the ball with confidence.
- Strong hands in every catch, eyes focussed on the ball
- Priority on ground fielding, attack the ball, get low to the ground, bend your knees, pick the ball up out in front of you with 2 hands.
- Power and accuracy with all throws, TWIST – STEP - THROW!
- Read the game and adjust as required.





INSPIRING
GENERATIONS