



Youth Development Plan

At Clontarf Cricket Club, our primary objective is to instil a lifelong passion for cricket in our youth while also developing their cricket skills and personal growth. This is achieved through the dedicated efforts of our coaches and volunteers to develop all of our players.

- 1. Promoting the Spirit of Cricket:** We actively integrate the 'Spirit of Cricket' into our training and games by respecting our teammates and opponents, promoting fair play, and upholding the traditions of cricket. We instil in our players the importance of personal responsibility for their actions, both on and off the field.
- 2. Player Development:** Our focus extends beyond the thrill of winning. We develop the players' cricket skills, understanding of the game, and their love for the sport. We strive to nurture competent cricketers over time, rather than focusing solely on short-term victories. Our drills are developed from current best practice principles from Ireland and abroad.
- 3. Balanced Team Selection:** We ensure our team selection is balanced by implementing a rotation system for primary school-aged players, allowing all players to participate in an equal number of games as far as reasonably practicable. For secondary school-aged players, league games are also picked on rotation. CUP & Final games are selected by the Head Coach & Director of Coaching based on a combination of form, skill, sportsmanship, and team balance to give the team the best possible chance to win. This approach ensures fairness and development while also valuing competitive success in key matches.
- 4. Player-Centric Approach:** Recognising the diverse developmental needs and stages of our young cricketers, our coaching approach is age-appropriate and player-centric. We adapt our programs to cater to the evolving needs and potential of all of our players as they mature at various stages.
- 5. Inclusive and Diverse Opportunities:** We believe cricket is a game for all. We champion inclusivity, offering diverse cricketing opportunities to children of varying skill levels and abilities. Our aim is to create an environment where everyone has an equal opportunity to enjoy and learn from the game of cricket.
- 6. Multi-Skill Development:** We encourage our players to develop a comprehensive set of skills, not just one. By including batting, bowling, fielding, and tactics, rather than specialising, we ensure a comprehensive appreciation of the sport and align with best practices in youth cricket coaching.
- 7. Injury Prevention and Recovery:** Warm-up and cool-down routines are essential to prevent injuries. We incorporate specific exercises and routines for injury prevention based on current best practice principles. Rest and recovery are equally important in preventing injuries and burnout. We promote a balanced cricketing season and training schedule to ensure our players have adequate time for rest and recovery.
- 8. Building Resilience:** Cricket can be a challenging game. We aim to help our young players build resilience to overcome these challenges. We coach them to understand that it is just a game and to learn to overcome adversity in sport and life.
- 9. Personal Development:** As players progress to secondary school, we encourage them to take greater ownership of their development. This includes engaging in strength and conditioning (S&C) exercises, reading cricket books, watching instructional videos on YouTube, and observing international matches. We recommend that players keep a running diary to log their extra work and self-driven efforts, fostering a sense of responsibility and commitment to their personal growth.
- 10. Pathway Program: Youth to Adult Cricket:** Our pathway program provides a structured transition for youth players into adult cricket. Youth players will train with adult teams and are assessed on technical skills, tactical understanding, physical fitness, and mental attitude. Safety and inclusion are prioritised, ensuring a supportive environment for gradual progression to higher-level teams. This program is open to all players who want to progress.

- 11. Regular Feedback and Assessment:** We provide regular feedback to each player on how to improve their skills. This continuous assessment helps players understand their progress and areas for improvement.
- 12. Qualified and Enthusiastic Coaches:** We invest in qualified coaches who possess a genuine passion for teaching the game. Our coaches have access to coaching certifications and undergo regular internal training to stay updated with the latest coaching techniques.
- 13. Data-Driven Analysis:** We utilise data to help our youth develop by making informed decisions. This data-driven approach allows us to tailor our coaching to meet the specific needs of each player.
- 14. Overall Development:** Beyond the cricket field, we focus on instilling important values such as teamwork, respect, and discipline. Our goal is to contribute to the holistic development of our young players, preparing them not just for the game of cricket, but for life.

The Clontarf Cricket Club is committed to providing an environment that promotes balanced, enjoyable, and enriching cricketing experiences, ensuring our young players develop a lifelong passion for the game and grow as individuals.

Conor Murphy
Chair of Youth Cricket
Clontarf Cricket Club