

	Colts (Under 11)	Prep (Under 13)	Senior (Under 19)
Batting	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Play Forward Defence • Play Back Defence • Attacking shots in front of the wicket • Understand running between the wickets <p>Introduced:</p> <ul style="list-style-type: none"> • Use of Feet to Spinners 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Play Forward Defence • Play Back Defence • Attacking shots in front of the wicket • Understand running between the wickets • Use feet to Spinners <p>Introduced:</p> <ul style="list-style-type: none"> • Hitting over the Top • Play hook and Pull Shots & Evade Short Ball 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Play Forward Defence • Play Back Defence • Attacking shots in front of the wicket • Ability to run well between the wickets • Play hook and Pull Shots & Evade Short Ball • Use feet to Spinners • Hitting spinners and mediums over the Top • Develop Batting Plans <p>Introduced</p> <ul style="list-style-type: none"> • Improvisation of shots for one day T20 cricket
Pace	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Reasonable action in term of alignment • Pace and/or ability to swing ball • Ability to land ball in target zone 2/6 <p>Introduced:</p> <ul style="list-style-type: none"> • A variation delivery different to their stock ball • Core stability 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Reasonable action in term of alignment • Pace and/or ability to swing ball • Ability to land ball in target zone 5/12 • Have a variation delivery <p>Introduced</p> <ul style="list-style-type: none"> • Slower ball • Bouncer • Core Stability 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Good action in terms of run up and alignment • Pace and ability to swing ball • Ability to land ball in target zone 7/12 • Have a variation delivery • Slower ball • Bouncer • Core Stability • Bowl to game plan

			<ul style="list-style-type: none"> Reverse swing <p>Introduced:</p> <ul style="list-style-type: none"> Yorker One Day/T20 Tactics
Spin	<p>Core Requirements:</p> <ul style="list-style-type: none"> Reasonably sound action Land ball consistently Ability to spin the ball hard <p>Introduced</p> <ul style="list-style-type: none"> Variation ball Use of crease, over and around wicket 	<p>Core Requirements:</p> <ul style="list-style-type: none"> Reasonably sound action Land ball consistently Ability to spin the ball hard A variety ball Use of crease <p>Introduced</p> <ul style="list-style-type: none"> Changing flight Another variation delivery 	<p>Core Requirements:</p> <ul style="list-style-type: none"> Sound action Land ball consistently Ability to spin the ball hard Use variety ball Use of crease Changing flight Another variation Bowling to game plan Bowling different lines and adjustment of fields <p>Introduced:</p> <ul style="list-style-type: none"> One day bowling

Wicket keeping

Core Requirements:

- Large catching area
- Length of catch(Soft Hands)
- Smooth efficient sideways movement
- Works in low position
- Stays low & comes up with ball
- Taking throws from outback
- Getting to stumps for run outs

Introduced

- Spin variations

Core Requirements:

- Large catching area
- Length of catch(Soft Hands)
- Smooth efficient sideways movement
- Works in low position
- Stays low & comes up with ball
- Knows spin variations
- Taking throws from outfield
- Getting to stumps for run outs

Introduced:

- Diving techniques
- Standing up to medium pacers

Core Requirements:

- Large catching area
- Length of catch(Soft Hands)
- Smooth efficient sideways movement
- Works in low position
- Stays low & comes up with ball
- Knows spin variations
- Taking throws from outfield
- Getting to stumps for run outs
- Diving techniques
- Standing up to medium pacers
- Taking ½ volley returns
- Executing glove off run outs with direct hits

Introduced

- Fourth day wicket pitch

<p style="text-align: center;">Fielding</p>	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Catching shape • Gathering Position <p>Introduce:</p> <ul style="list-style-type: none"> • Throwing technique • Ready Go starting position 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Catching shape • Gathering Position • Throwing technique • Ready Go starting position <p>Introduce</p> <ul style="list-style-type: none"> • Slide saves • Cut off thrower 	<p>Core Requirements:</p> <ul style="list-style-type: none"> • Catching shape • Gathering Position • Throwing technique • Ready Go starting position • Slide saves • Cut off thrower • Catching shape • Gathering Position • Throwing technique • Ready Go starting position • Slide saves • Cut off thrower <p>Introduced</p> <ul style="list-style-type: none"> • Game play shuffles(movement)