



# SOUTH EAST STARS PATHWAY HANDBOOK 2023/2024



## SOUTH EAST STARS PLAYER PATHWAY

The South East Stars Player Pathway has evolved since the regional model first came into existence in 2020. This started with the South East Stars academy and for the first time in 2022/2023 expanded to include the South East Stars Emerging Player Programme.

We understand that players develop at different rates in different facets of the game, so it is important that our programmes are fluid, open minded and appreciate that development does not finish at 18. Both the EPP and Academy programmes deliver a 12-month holistic programme developing technical, tactical, mental, physical and lifestyle skills through training, match play and classroom-based education.



South East Stars are able to call upon some highly qualified full and part-time members of staff, including all of the professional coaching and support staff to help shape and grow our talented pathway players.

South East Stars are very proud to be able to offer so many players the opportunity to feature within our pathway, offering a multi-tiered structure with players regularly being given the opportunity to re-enter or be promoted to different squads at any time.

Our experienced and highly qualified coaches are dedicated to providing all players with the tools they require to play at the next level. Regardless of what level the player reaches, we are hopeful that all will enjoy anytime spent within the South East Stars Pathway.

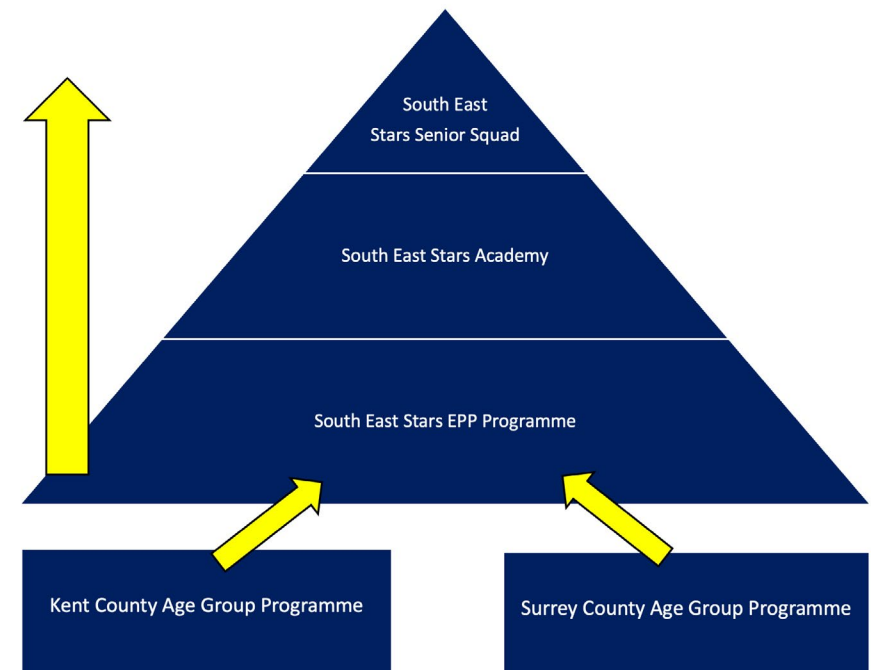
Alongside improving every player's cricket skills, we are dedicated to helping the players to live a happy and healthy life through providing education in mental and physical wellbeing.

**Emma Calvert**  
Regional Director of Women's Cricket

## AIM'S AND PURPOSE OF OUR PATHWAY

- To produce players with a life long love of cricket who are motivated to change the game.
- Develop skilful, brave, adaptable players to take the next step towards professional cricket
- Produce cricketers who play for South East Stars senior squad and England
- All players to enjoy their experience and time with South East Stars
- Aim to Install a passion for South East Stars and the wider game itself
- Contribute to helping our players to live a happy and healthy life through providing education in mental and physical wellbeing

## SOUTH EAST STARS PLAYER PATHWAY



## SELECTION PROCESS

Selection and Talent ID is a complicated process that consists of many elements and is something that is ever evolving and changing.

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## SELECTION CONSIDERATIONS

### 1. SQUAD COMPOSITION

Possesses skill-set desired in the future by the South East Stars Academy and Senior programme to help achieve a balanced and competitive playing squad.

### 2. ATTRIBUTES

Demonstrates characteristics and behaviours aligned to elite level sport, notably:

- Physically robust and/or a desire to work towards this.
- Physically able to add quality to the fielding group.
- Able to take charge of own learning and show autonomy to their development.

### 3. CHARACTER

When selecting a player character is a consideration. Less so the younger they are as character can be shaped and moulded and improved with work. The older the player is the more likely they are to have certain traits in place for life and therefore selection on character becomes one of the main selection criteria for the academy.



### 4. COACH JUDGEMENT

This consists of many things including knowledge, experience, judgement, evidence, and opinion.

- A decision made having observed the player over a long period of time and in different situations.
- A coaches experience and history, using previous knowledge of successful and unsuccessful selections.
- A coach may see a one-off moment. Something the player does in a moment that the coach believes may be a sign they will have a future as a pro.
- Does the coach believe they have the game to go on to professional cricket.

### 5. PERFORMANCE STATS

The players stats will form part of selection. The younger the player, the less you will use stats as a selection tool. Performance stats alone cannot be used to make selection decisions.

### 6. GROWTH MINDSET

### 7. DIFFERENTIATORS

Will a player have the technical skills required to be able to play the game professionally and if so, will the differentiators they possess allow them to become a top player.

### 8. OTHER COACHES / EXPERTS INPUT

Using other experts to help formulate a view on players that you may not have seen much of.

## THE STARS STYLE

Developing skillful, brave, adaptable players to take the next step towards professional cricket.

### Batting

- Ability to effectively judge length and move accordingly.
- Hits consistently with full face of the bat in both vertical and horizontal planes.
- Looks to make positive decisions and can justify these decisions.
- Clear front foot and back foot options against seam and spin.
- Positive intent in running between the wickets.
- Wants to put fielders and bowlers under pressure.
- Looks confident at the crease.
- Hits the ball hard into space.
- Clear boundary options vs both seam and spin.
- Understands role in batting partnerships.



### Spin Bowling

- Safe, legal, repeatable bowling action.
- Maintain effective angle of approach and alignment at the crease from over and around the wicket.
- Spin the ball consistently in at least one direction.
- Ability to clearly execute one variation of either: spin, pace, angle, line, or length.
- Desire to take wickets.
- Understand wicket taking options in all phases of the game.
- Understand how to use fielders to disrupt batters.
- Ability to use hip and shoulder separation to create torque.



### Seam Bowling

- Safe, legal, repeatable action.
- Effective running mechanics to produce efficient run up.
- Execute at least one variation.
- Ability to display any of the following characteristics: Appropriate delivery stride, braced front leg, heel strike, trunk flexion, shoulder lag.
- Bowl effective over and round the wicket.
- Desire to take wickets and put batters under pressure.
- Take ownership of field settings and bowling plans.
- Ability to control line and length on command.
- Clear point of difference (pace, swing, seam, bounce)



## Fielding

- Consistently catch the ball with strong base and strong hands.
- Takes catches that are outside of the body line.
- Can throw with power and accuracy over a range of distances.
- Attack the ball without fear of fumbles.
- Ability to go to ground safely in at least one way (dive, tumble, roll, slide)
- Gets into throwing position quickly.
- Wants the ball.
- Can recognise useful cues to aid with anticipation (sound off bat, angle of bat, back swing, pace of pitch).
- Stays low and flexes at the knee, rather than hinge at hip.



## Wicket Keeping

- Strong, consistent posture (Z position).
- Catches ball consistently in the middle of the gloves.
- Can track ball down leg side and lead with hands.
- Wants to be in the action every ball.
- Consistent clean takes both up to stumps and stood back.
- Tidy up throws effectively.
- Take ownership of angles of fielders.
- Comfortable diving and tumbling.

## THE ACADEMY & EPP PROGRAMMES

Our mission is to create an environment where players can thrive and achieve their dreams.

## PATHWAY OBJECTIVES

- To provide a safe, enjoyable, challenging environment to support players on their individual journeys.
- To identify and develop outstanding cricketers capable of performing at the highest level for South East Stars and England.
- To support all aspects of a players' development including technical, tactical, physical, mental and lifestyle.
- To make sure players leave the pathway knowing themselves better than when they arrived and with a good perspective on cricket and life.



## Message from the Director of Cricket

– Emma Calvert

‘Our Academy and EPP programmes are an essential part of what we do at South East Stars. The aim of our programmes is to create an environment where players can thrive and achieve their dreams. The hope is that one day many of the players in our programmes will make appearances for our senior 1st XI and push for international honours.’

Both the EPP and Academy programmes deliver a 12-month holistic programme developing technical, tactical, mental, physical and lifestyle skills through training, match play, and classroom-based tasks.

South East Stars are able to call upon some highly qualified full and part-time members of staff, including all of the professional coaching and support staff, who involve themselves as far down the pathway as is logistically possible.’



