

**WE ARE
ALL
ROUNDERS**



Rounders England Skills Matrix




INTRODUCING A NEW PLAYER DEVELOPMENT FRAMEWORK FOR ROUNDERS ENGLAND

In the ever-evolving world of sports, it is imperative to provide players with the best possible opportunities for growth, development, and success. Rounders, a sport cherished for its blend of skill, strategy, and teamwork, is no exception. As we stand at the threshold of a new era in the sport of Rounders, Rounders England is proud to unveil our new Development Framework designed to empower players of all ages and abilities on their journey towards excellence.

This framework is the result of collaboration with experts, coaches, and players from across the Rounders community. It embodies our commitment to fostering a lifelong love for the game, nurturing talent, and creating a clear and accessible roadmap for players to achieve their full potential.

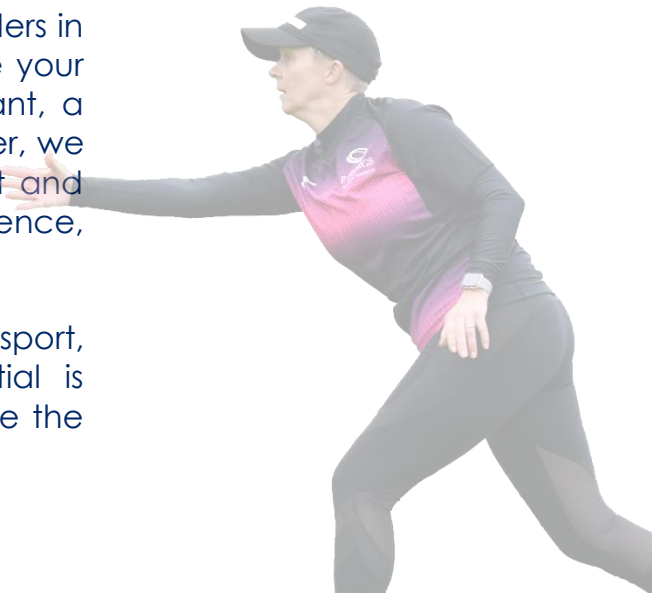
The Player Development Framework not only aims to enhance the skills of elite players but also strives to make Rounders more inclusive and enjoyable for everyone, from beginners to seasoned players at the top of the game. The Framework has been adapted specifically to fit our unique context and we believe that it will provide our stakeholders with the clarity in relation to how best to support our players. It will allow Rounders England to grow opportunities for everyone to experience our sport, whilst providing the very best, most valid development experiences possible for all our players.

Consisting of 5 pillars - Tactical Skill, Technical Skills, Physical Capacity, Psychological Skills, and Life Skills – our Framework will allow more of our players to transition to adulthood as active members of our communities and unlock the hidden potential within each player and help them thrive on and off the Rounders field.



Join us on this exciting journey as we redefine the future of Rounders in England. Discover how this Framework will empower you to take your Rounders game to new heights, whether you're a young aspirant, a dedicated coach, or a passionate supporter of the sport. Together, we will strengthen the foundation of Rounders and create a vibrant and competitive landscape that celebrates the spirit of teamwork, resilience, and achievement.

We hope that this new Framework will provide a step change in the sport, leading to enhanced structures where every player's potential is nurtured, and their dreams are within reach. Together, let's shape the future of Rounders in England and inspire generations to come.



OVERVIEW

	TACTICAL SKILLS	TECHNICAL SKILLS	PHYSICAL CAPACITY	PSYCHOLOGICAL SKILLS	LIFE SKILLS
AGE & STAGE	Understands the rounders-specific game play, everyone's role on the team, and can read in-game situations, and adapt accordingly using creativity within a game model.	Has a broad range of high-quality skills (e.g., <i>batting, fielding, bowling, catching, and running</i>) and can use them in an appropriate and timely manner to meet the demands of rounders.	Has the physical attributes, ability, and conditioning to carry out their role safely and efficiently consistently and repeatedly within training and competition.	Is mentally resilient, able to bounce back from setbacks, always displays the right attitude, can manage anxiety, maintain focus, and control attention.	Understands skills that support a healthy life and enable effective athlete development. For example, nutrition, hydration, leadership, team working.
UNDER 12 Rounders is fun!	Basic understanding of game play.	Introduction to the basic techniques of the sport.	Development of all round quality of movement literacy.	Enjoys the challenges presented by Rounders.	Enjoys being active.
UNDER 14 Supporting and enabling participation	Starting to understand their own role in the team.	Building a foundation of core skills for use in the sport	Focusing on Rounders specific movement literacy.	Identifying goals and enjoying the journey.	Starting to understand the role Rounders can play in supporting a healthy lifestyle.
UNDER 16 Self-directed training with targets	Understanding of complex principles and game tactics.	Demonstrating advancement of technical skills with position and game focus.	Rounders generic conditioning programme.	Is highly motivated and determined to achieve goals within their journey.	Creating positive lifestyle habits.
UNDER 18 Performance focused development	Demonstrates leadership and takes ownership during all game situations.	Constant employment of technical skills.	Individualised physical training programme.	Highly motivated, self-aware, and focused on success.	Demonstrating a balance and healthy lifestyle.
18+ Maximising of capability	Fully able to read the game and adapt according to what is required.	Constant refinement of technical skills.	Focused and intense physical training, prehabilitation, and recovery.	Evaluates and modifies goals accordingly to continue to succeed.	Leading a balanced and healthy lifestyle that enables effective athlete development.

UNDER 12 - Rounders is fun!

	Pillar stage objective	What this looks like for the athlete	Examples of observed behaviours
Tactical Skills	Basic understanding of game play.	Starting to participate in team-based activities, including with a ball, and able to cooperate with others.	Introduction to offensive and defensive tactics. Some communication with teammates pre-bowl and during plays. Some basic rule awareness, including cannot be caught out on a no ball and last good ball rule.
Technical Skills	Introduction to the basic techniques of the sport.	Learning to bat, catch, bowl, and field, and gain body control in start/ stop situations.	Batting: Demonstrates some awareness of correct stance and where to stand when receiving ball. Running: Running around outside and holding on to the base until the next bowl. Bowling: Demonstrates static bowling action. Fielding: Demonstrates basic catching and throwing action over short distances. Plus, basic fielding skills (e.g., long barrier).
Physical Capacity	Development of all round quality of movement literacy.	A key stage for developing hand and foot speed, and for developing flexibility. Endurance and strength developed through vigorous play and games rather than specific training regimes.	Successfully demonstrating simple movements in fun, game related exercises. Development of balance, agility, co-ordination, reaction time, changes in direction, jumping and landing.
Psychological Skills	Enjoys the challenges presented by Rounders.	Shows a willingness to try new things and to not be put off if they fail. Makes friends and interacts with the others	Ensure positive learning environment, that children understand everyone fails at times, and failing is important to learning as long as you keep trying. Displayed via how the athlete reacts when physical, technical, and tactical drills do not go to plan.
Life Skills	Enjoys being active.	Understands the relationship between effort and results.	Takes responsibility for being prepared for activity participation. Can be part of a team and is sometimes a leader and sometimes a follower.

UNDER 14 - Supporting and enabling participation

	Pillar stage objective	What this looks like for the athlete	Examples of observed behaviours
Tactical Skills	Starting to understand their own role in the team.	Works to team framework, doing things which help the team. Happy to share the ball. Utilises self-reflection and feedback	<p>Tactical use of rules – Beginning to demonstrate an understanding of rules to gain a tactical advantage. e.g., the backward hit rule both in offensive and defensive play. The spot rule about bases and running on Development of offensive tactics.</p> <p>Development and consolidation of offensive tactics.</p> <p>Hitting: Developing decision-making skills to adjust batting selection to the game situation (e.g., order of batting – varying left and right handers).</p> <p>Running: Developing skills to read and react when running for posts. Tactics in limited ball games – taking chances on last go.</p> <p>Communication: Beginning to relay information to teammates.</p> <p>Development of defensive tactics.</p> <p>Positioning: Growing awareness of how to position the field to react to the game situation. Including backing up and multiple post players, not just a 1st post. Ability to determine who live batter is and stump them out.</p> <p>Unit Play (i.e., Triangle): Beginning to develop basic tactics for playing in position specific roles.</p> <p>Communication: Beginning to relay information to teammates. Beginning to think about</p>
Technical Skills	Building a foundation of core skills for use in the sport	Introduction of more complex skills and variations in ball striking, bowling, and fielding techniques.	<p>Batting: Clearly demonstrates how to stand and use of whole batting square when receiving ball. Good grip and action are evident. Implementation of the no ball rule.</p> <p>Bowling: Good use of chosen stepping action with reasonable control of height and direction. Good use of more than one chosen method to bowl.</p> <p>Fielding: Can stop a ball with attacking or defensive ground fielding. Throws accurately over short distances. Playing with fielders on each post. Introduction of post fielding responsibilities at 1st and backstop.</p>
Physical Capacity	Focusing on Rounders specific movement literacy.	Continuing to develop hand and foot speed, flexibility, endurance, and strength through vigorous play and games rather than specific training regimes.	<p>Successfully demonstrating increasing complex movements in fun, game related exercises.</p> <p>Continued development of complex generic movement skills and basic Rounders specific patterns.</p>
Psychological Skills	Identifying goals and enjoying the journey.	Keeps going when fails the first time around, does not give up easily, understands success takes time	<p>Understands development of expertise takes time, does not get upset when dropped or things go wrong.</p> <p>Introduction to strategies to build confidence, determination, resilience, and focus.</p>

Life Skills

Starting to understand the role Rounders can play in supporting a healthy lifestyle.

Beginning to develop health lifestyle habits.

Athlete arrives at venue ready and equipped to train or compete.

Athlete understands and implements sound nutrition and hydration practices for daily living.



UNDER 16 - Self-directed training with targets

	Pillar stage objective	What this looks like for the athlete	Examples of observed behaviours
<p>Tactical Skills</p>	<p>Understanding of complex principles and game tactics.</p>	<p>Developing awareness of the role played within a team, and understands the impact of their actions on others</p>	<p>Tactical use of rules – Demonstrate the tactics needed and adapt for both innings and all-out formats. Actively pressurise the field when batting, to steal bases and to adjust batting orders so that it offers the most disruption to the opposition.</p> <p>Development and consolidation of offensive tactics. Hitting: Recognising situation and consolidating decision-making skills to adjust batting selection to the game situation. Recognising weak positions and gaps in the field. Running: Developing more advanced skills to read and react when running for posts, including stealing posts. Communication: Forming the skills to read the game/team/situation and confidently relays information to teammates.</p> <p>Development and consolidation of defensive tactics. Positioning: Recognising situations and growing awareness of how to position the field to react to the game situation. Unit Play (i.e., Triangle): Developing advanced tactics for playing in position specific roles. Communication: Confidently relays basic information to teammates.</p>
<p>Technical Skills</p>	<p>Demonstrating advancement of technical skills with position and game focus.</p>	<p>Movement and skill execution with increased speed, consistency, and accuracy - batting, catching, bowling, and fielding, with early position specific work.</p>	<p>Batting: Uses good technique for hitting ball majority of bowls. Effectively uses batting square and is beginning to adapt hits appropriately to balls bowled. Bowling: Uses correct technique in bowling action, with appropriate control of height and direction. Shows consistent use of at least two variations successfully (speed, direction, variety of height, swerve, spin, angle of delivery). Disguised run ups. Support the triangle/unit fielding play and position themselves where appropriate.</p> <p>Fielding: able to Anticipate and adjust position according to power of the hit. Shows consistent catching ability and accurate return to post, bowler, or backstop though choices may not always be correct in game situation. Backstop can cleanly collect all bowls, returns, and throw accurately to 1st and 2nd posts as appropriate (don't throw do 2nd if the ball is not hit back to bowler). Have tangible impact in a different fielding position and be able to adapt their skills. Backstop Specialist Skills: Competent catching and accurate, flat throw to fielders. Backstop moves effectively and correctly to receive returns at most appropriate location. Backstop demonstrates emerging communication with bowler. First Post Specialist Skills: Competent catching and stumping skills. Accurate, flat throw over approximately 20 metres to initiate second phase play to third or fourth post i.e.,</p>

			a fast throw across the square. Emerging communication with the two other triangle players and with all deep fielders as required.
Physical Capacity	Rounders generic conditioning programme.	Rounders specific training programme on and off field, start using body and free weights as well as development of all energy systems.	Undertaking match focused training on and off field. Development of power after Peak Height Velocity (PHV). Maintenance of flexibility (which is particularly important during this stage).
Psychological Skills	Is highly motivated and determined to achieve goals within their journey.	Has the patience to keep focused during training and games, displays determination to succeed but not at a cost to others, and enjoys the journey	Demonstrates an understanding of self, combined with the commitment to succeed. Development of strategies to build confidence, determination, resilience, focus. Can reset using team/ individualised strategies to tangible effect. Can celebrate and acknowledge strength in others without perceiving as a threat.
Life Skills	Creating positive lifestyle habits.	Beginning to take ownership for their development and developing skills that will enable balance across all aspects of their life.	Athlete achieves balance between Rounders, school, and social life. Athlete understands and implements sound nutrition and hydration practices for daily living, training, and competition. Develops personal standards of behaviour, and commits to ethical, drug free sport



UNDER 18 - Performance focused development

	Pillar stage objective	What this looks like for the athlete	Examples of observed behaviours
Tactical Skills	<p>Demonstrates leadership and takes ownership during all game situations.</p>	<p>Works within the team framework but recognises opportunities and can adapt to take advantage of them.</p>	<p>Development and consolidation of offensive tactics. Hitting: Recognising situation and demonstrating strong decision-making skills to adjust batting selection to the game situation. Implementation of directional batting. Running: Consolidating skills to read and successfully reacting when running for posts. Stealing bases and watching for mistakes e.g., ball forward on backwards hit, bowler stepping out of square. Communication: Confidently relays advanced tactical information to teammates.</p> <p>Development and consolidation of defensive tactics. Bowling: Introduction of offensive bowling, different types for different batters. Positioning: Recognising situations and demonstrating strong decision-making skills to adjust the field positions to react to the game situation. Unit Play (i.e., Triangle): Consolidating advanced tactics for playing in position specific roles. Communication: Confidently relays advanced tactical information to teammates.</p>
Technical Skills	<p>Constant employment of technical skills.</p>	<p>Focus on position specific skills. Increase in range and variability of skill applications.</p>	<p>Batting: Displays high level of technique and variation in shots played. Demonstrates ability. Demonstrates ability to direct hits to chosen areas and to control shots (including height) and place the ball. Bowling: Makes full use of bowling square to achieve variety in delivery using at least three different techniques. Consistently bowl good height and direction. Correct choice of ball depending on batter's strengths and weaknesses. Fielding: Able to stop, catch and pick up ball in correct form for quick throw. Very competent in all aspects of fielding. Shows strong special awareness so that time is not wasted to return the ball, throwing accurately to post, bowler or backstop, making the correct choice of receiver. Backing up in field, covering posts. Backstop Specialist Skills: Strong catching and accurate, flat throw to fielders. Backstop moves effectively and correctly to receive returns at most appropriate location. Backstop demonstrates confident communication with bowler. First Post Specialist Skills: Strong catching and stumping skills. Developing spatial awareness so as (a) to be able to receive a throw and contact first and/or second post without hesitation and without turning to locate it visually (b) to be able to operate efficiently in a tight zone, often in close proximity to an opposition batter seeking to make first or second base on the run. Accurate, flat throw over approximately 20 metres to initiate second phase play to third or fourth post i.e., a fast throw across the square. Confident communication with the two other triangle players</p>



			<p>and with all deep fielders as required. To close field off the post to apply positional pressure - left hand/ backhand player.</p>
<p>Physical Capacity</p>	<p>Individualised physical training programme.</p>	<p>Personalised physical training programme combined with generic prehab and recovery making use of body/free and machine weights, continued development of aerobic capacity.</p> <p>Highest training priority is power development and throwing/running speed.</p>	<p>Undertaking a personalised training programme based on individual strengths and development needs.</p> <p>Continued development of power, demonstrated through throwing and running speed, alongside the maintenance of previously developed flexibility.</p>
<p>Psychological Skills</p>	<p>Highly motivated, self-aware, and focused on success.</p>	<p>Takes ownership of their own development, has confidence layered with humility and is driven by enjoys competition</p>	<p>At this level skills and strategies are refined and athletes are demonstrating consistent mental practice and mental performance. Anxiety reduction and emotional control in high pressure situations becomes more important. Error reduction and good decision making are now critical.</p> <p>Positively impacts the emotional ability of peers, able to manage themselves as others in order to have the highest performance return.</p>
<p>Life Skills</p>	<p>Demonstrating a balance and healthy lifestyle.</p>	<p>Takes ownership for their development and maintaining positive balance across all aspects of their life.</p>	<p>Athlete committed to high performance and eventually making national teams.</p> <p>Athlete has refined sound nutrition and hydration practices for daily living, training, competition, and recovery.</p> <p>Understands doping control, avoids untested supplements, and is committed to drug free sport.</p> <p>Exploring opportunities and experiences beyond performance – e.g., official, coach, specialist position leader.</p>

18+ - Maximising of capability

	Pillar stage objective	What this looks like for the athlete	Examples of observed behaviours
<p>Tactical Skills</p>	<p>Fully able to read the game and adapt according to what is required.</p>	<p>Knows and executes the role required of them within the team, able to adapt and take a leadership role on the field.</p>	<p>Tactical use of rules – Demonstrating the ability to reflect and review constantly during a match in order to apply pressure and have a tangible impact on the game. I would expect them to be aware of the strengths/ weakness of their opposing team and to implement tactical changes.</p> <p>Development and consolidation of offensive tactics. Hitting: Consistently demonstrating excellent decision-making skills to adjust batting selection to the game situation. Directional batting a strength. Running: Consistently demonstrating strong skills to read and successfully reacting when running for posts. Stealing bases and capitalising on fielding mistakes. Communication: Confidently and effectively relays advanced tactical information to teammates. Use of hidden messages.</p> <p>Development and consolidation of defensive tactics. Positioning: Consistently recognising situations and demonstrating excellent decision-making skills to adjust the field positions to react to the game situation. Can use correct tactic to terminate an innings. Walking in, backing up and shouting. Unit Play (i.e., Triangle): Developing mastery of tactics for playing in position specific roles. Communication: Confidently and effectively relays advanced tactical information to teammates. Use of hidden messages. Recognition of opposition batter's styles.</p>
<p>Technical Skills</p>	<p>Constant refinement of technical skills.</p>	<p>Individualised skill development programme focusing on excellence.</p>	<p>Batting: Excellent in the choice and execution of all hits. Uses a full range of hits with confidence and appropriate to the type of ball bowled in the current game position. Can consistently use height and length of hit to achieve desired score. Bowling: Demonstrates, with excellent control, consistent and effective use of swerve/spin/speed/direction/height. Able to limit scoring with controlled and/or disguised deliveries. Can cover 2nd phases. Communicates to backstop the type of bowl. Fielding: Demonstrates outstanding ability in a variety of positions. Can pick up, using dominant hand, and throw accurately in one action. Has individual and team spatial awareness to reset the team and field as a unit. Should be on the move ahead of the batter's swing. Backstop Specialist Skills: Consistent, successful catching and accurate, flat throw to fielders. Backstop demonstrates good communication with bowler and control over fielders. Shows excellent control and skill when sending and receiving the ball at/from</p>

			<p>correctly chosen locations. Uses varied methods and skills to offensive advantage, backward hit variations, double out options.</p> <p>First Post Specialist Skills: Consistent, successful catching and stumping skills. Heightened spatial awareness so as (a) to be able to receive a throw and contact first and/or second post without hesitation and without turning to locate it visually (b) to be able to operate efficiently in a tight zone, often in close proximity to an opposition batter seeking to make first or second base on the run. Excellent, accurate, flat throw over approximately 20 metres to initiate second phase play to third or fourth post i.e., a fast throw across the square. Excellent communication regularly with the two other triangle players and with all deep fielders as required. Covering 2nd, backing up 3rd and 4th. Moving off 1st post on last batters/limited balls. Demonstrating special awareness for quick stumping.</p>
Physical Capacity	<p>Focused and relentless physical training, prehabilitation, and recovery.</p>	<p>Personalised prehab, training and recovery programme being followed by the athlete based on position specific requirements.</p>	<p>Undertaking a personalised training and recovery programme based on individual strengths and development needs.</p> <p>Demonstrating a training priority to develop speed and explosive power, particularly explosive leg power for running and explosive arm power for throwing/pitching.</p>
Psychological Skills	<p>Evaluates and modifies goals accordingly to continue to succeed.</p>	<p>Fully committed in the face of setbacks and successes, relishes the opportunity to get better and to compete on the highest stage</p>	<p>At this level mental skills and preparation are consistently utilised to continue to improve performance capabilities. Anxiety reduction and emotional control in high pressure situations becomes critical. Focus on error reduction and good decision making in high pressure situations.</p> <p>The athlete shows strong focus and skills to overcome setbacks, both acute, and chronic</p>
Life Skills	<p>Leading a balanced and healthy lifestyle that enables effective athlete development.</p>	<p>Fully committed to a lifestyle that supports personal development and competing at the highest standard.</p>	<p>Athlete committed to high performance and competing in national teams.</p> <p>Athlete has refined sound nutrition and hydration practices for daily living, training, competition, and recovery expected of a committed athlete.</p> <p>Understands doping control, avoids untested supplements, and is committed to drug free sport.</p> <p>Continued exploration of opportunities and experiences beyond performance – e.g., official, coach, specialist position leader.</p>

