

Sussex Girls Pathway – U13 – U18

The girls County Age Group Pathway (CAG) will begin at Under 13.

As of the 2025/2026 the ECB have changed the age groups of CAG and they will now be U13, U14, U16 and U18.

At Sussex we have decided to still run an U14/15 development side and an U16/U18 development side, which will sit within our CAG, as we know that some girls develop their cricket skills as they get older and we want to continue to work with those girls to develop them further in their cricket journey.

All players who played this season for Sussex, will have to go through the County Assessments, along with new players nominated. Assessments will happen in October and squad selections will be made after the assessments.

All squads will train in the winter between November – end of March and will have some Strength and Conditioning sessions.

We will also be running some specialist sessions, which will include batting, spin bowling, pace bowling, wicket keeping, nutrition, psychology and captaincy/leadership. Those selected for the squads will be invited to attend certain sessions.

During the summer all squads will have training sessions every two weeks from April – mid July.

Matches will be played throughout the summer between other county teams and the U16 and U18s will play in ECB competitions (subject to confirmation from the ECB)