

## Longfellow Clubs Junior Development Program

### Level: Hot Shots (ages 6 & 7)

<b>Physical</b>						
	4	<b>Control</b> Can run quickly and stop in a ready position, can hop and balance on one leg, and on different parts of the body, including moving over stepping stones and along lines.	4	<b>Move</b> Can move forwards, sideways and backwards at different speeds, including recovery to the baseline, can jump forwards, sideways and over obstacles	4	<b>Coordinate</b> Can bounce a small ball, whilst still and moving, can throw underarm at 2 different targets
	3		3		3	
	2		2		2	
	1		1		1	
<b>Technical Tactical</b>						
	4	<b>Serve &amp; Return</b> Can throw over-arm and do a simple underarm serve using simple action over the net from 18 , into the 18 court	4	<b>Rally I</b> Can hit a fed ball back over the net and in the 36 court from both the forehand and backhand side	4	<b>Rally II</b> Can do a self rally in the alley for at least 10 shots, and with a partner for 8 shots (4 each)
	3		3		3	
	2		2		2	
	1		1		1	
	4	<b>Rally III</b> Can do a throw and catch rally using a small ball over the net in the 18 court with a partner.	4	<b>At Net</b> From a ready position, can volley a fed ball from the forehand and backhand side over the net from close in	4	<b>Option</b> Can drop and hit the ball on the forehand side over the net and in the 18 court, using a short low to high swing
	3		3		3	
	2		2		2	
	1		1		1	
<b>Mental Competitive</b>						
	4	<b>The Game</b> Knows in and out, can count shots, and can start each activity with a good basic ready position, behind the lie specified	4	<b>Improve</b> Has improved their score in two simple measurable tasks over several weeks, can listen to the pro, copy and repeat actions	4	<b>Compete</b> Has participated in a Team Skills Circuit competition, showing work with a partner or team.
	3		3		3	
	2		2		2	
	1		1		1	
1 = Just starting 2 = getting there 3 = almost complete 4 = completed						
<b>Player:</b>				<b>Date:</b>		
<b>Coach:</b>				<b>Squad:</b>		
Please note that mental skills are included throughout all activities!						