

Longfellow Clubs Junior Development Program

Level: Jr. Hot Shots (ages 4 & 5)

Physical						
	4	Control Can run and stop, can balance on one leg, and on different parts of the body, including moving over things, along lines and walking backwards.	4	Move Can move forwards at different speeds and in different directions, can jump and land on balance over small obstacles.	4	Coordinate Can bounce and catch a small ball, can roll underarm at 2 different targets
	3		3		3	
	2		2		2	
	1		1		1	
Technical Tactical						
	4	Serve & Return Can throw over-arm and underarm using simple action over the net from 18 , into 18 court.	4	Rally I Can do a rolling rally from 18 using both the forehand and backhand sides of the racket.	4	Rally II Can move around balancing the ball on the strings of the racket, can tap the ball up allow to bounce, and trap back on the strings of the racket.
	3		3		3	
	2		2		2	
	1		1		1	
	4	Rally III Can do a throw and catch rally using a big ball over the net in the 18 court with a partner.	4	At Net From a hitting position, can volley a fed ball from the forehand and backhand side over the net from close in.	4	Option 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	
Mental Competitive						
	4	The Game Knows in and out, can count shots.	4	Improve Has improved their score in two simple measurable tasks over several weeks, can listen to the pro, copy and repeat actions	4	Compete 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						
Player:			Date:			
Coach:			Squad:			
Please note that mental skills are included throughout all activities!						