

## Longfellow Clubs Junior Development Program

### Zip Zone - Level: Pre-Zip (ages 4-5)

<b>Physical</b>						
	4	<b>Control</b> 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	<b>Move</b> Can move forwards at different speeds and in different directions, can jump and land on-balance over small obstacles.	4	<b>Coordinate</b> Can bounce and catch a small ball, can roll 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 underarm using simple action over the net from 18', into 18' court.	4	<b>Rally I</b> Can do a rolling rally from 18' using both the forehand and backhand sides of the racket.	4	<b>Rally II</b> 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	<b>Rally III</b> Can do a throw and catch rally using a big ball over the net in the 18' court with a partner.	4	<b>At Net</b> From a hitting 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.	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 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:		Clinic:				
Please note that mental skills are included throughout all activities!						