

Longfellow Clubs Junior Development Program

Level: USA Tennis Zips (ages 8)

Physical						
	4	Control Can move to a ball, stop and balance in an appropriate position, with shoulders turned, head still and a wide base of support.	4	Move Can show specific movements at relevant times, including ready position, split step, recovery using side and cross over steps. Can run jump and land facing specified directions in specific stances.	4	Coordinate Can throw and catch two balls with a partner in different ways, whilst moving. Can run to a ball pick it up, and whilst moving backwards throw it to a designated service box.
	3		3		3	
	2		2		2	
	1		1		1	
Technical Tactical						
	4	Serve & Return Can do a simple over-arm serve using simple coordinated action, reaching up for the contact point over the net from 60 baseline, into the 60 court service boxes	4	Rally I Can direct a fed ball back over the net and down the line in %the 60 court from both the forehand and backhand side, from the baseline	4	Rally II Can do a forehand rally with a partner in the 60 court keeping the ball under control, (10 shots).
	3		3		3	
	2		2		2	
	1		1		1	
	4	Rally III Can do a cone catch rally moving to a ball, receiving it as it falls around waist height. Can repeat with a racquet by meeting ball at an appropriate contact point	4	At Net Can move in, set with a ready position and hit balls fed at different heights on both forehand and backhand sides, showing good recovery and ready position. Ball fed from 60 baseline.	4	Option
	3		3		3	
	2		2		2	
	1		1		1	
Competitive						
	4	The Game Knows how to win and lose a point, where to stand to serve and return in singles and doubles and can keep score	4	Improve Has improved their score in two simple measurable tasks over several weeks. Can identify areas to work on and has practiced these skills in their own time.	4	Compete Has participated in a Tiebreak competition, as part of a 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!						