

Longfellow Clubs Junior Development Program

Zip Zone - Level: Zip I (ages 6-7)

| | | | | | | |
|--|---|--|---|---|---|---|
| Physical | | | | | | |
| | 4 | Control 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 | Move Can move forwards, sideways and backwards at different speeds, including recovery to the baseline, can jump forwards, sideways and over obstacles. | 4 | Coordinate Can bounce a small ball, while still and moving, can throw underarm at 2 different targets. |
| | 3 | | 3 | | 3 | |
| | 2 | | 2 | | 2 | |
| | 1 | | 1 | | 1 | |
| Technical Tactical | | | | | | |
| | 4 | Serve & Return Can throw over-arm and do a simple underarm serve using simple action over the net from 18', into the 18' court. | 4 | Rally I Can hit a fed ball back over the net and in the 36' court from both the forehand and backhand side. | 4 | Rally II Can do a self rally in the service box for at least 10 shots, and with a partner for 8 shots (4 each). |
| | 3 | | 3 | | 3 | |
| | 2 | | 2 | | 2 | |
| | 1 | | 1 | | 1 | |
| | 4 | Rally III Can do a throw and catch rally using a small ball over the net in the 18' court with a partner. | 4 | At Net From a ready 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, and can start each activity with a good basic ready position, behind the line specified. | 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 competition outside of the clinic, 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! | | | | | | |