

# Longfellow Clubs Junior Development Program

## Zip Zone - Level: Zip II (ages 6-7)

<b>Physical</b>						
	4	<b>Control</b> Can rotate and throw a large ball using good rotation, shoulders level and head still. Can clap and coordinate arms together in different patterns.	4	<b>Move</b> Can run with arms and legs in opposition, showing good posture, move sideways with consistent head height, can run, jump and land on a specified foot.	4	<b>Coordinate</b> Can throw and catch a ball with a partner while moving sideways. Can throw at different targets at different heights and distances using an over-arm action.
	3		3		3	
	2		2		2	
	1		1		1	
<b>Technical Tactical</b>						
	4	<b>Serve &amp; Return</b> Can do a simple over-arm serve using simple coordinated action but limited contact height, over the net from 36' baseline, into the 36' court service boxes (may land in either).	4	<b>Rally I</b> Can direct a fed ball back over the net and down the line in ½ the 36' court from both the forehand and backhand side, from the 18' line.	4	<b>Rally II</b> Can do a forehand rally with a partner in the 18' court keeping the ball under control, (10 shots). Can rally start and build a rally from the 36' court baseline (3 - 4 shots).
	3		3		3	
	2		2		2	
	1		1		1	
	4	<b>Rally III</b> 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	<b>At Net</b> Can move in, set with a ready position and hit balls at different heights on both forehand and backhand sides, returning each time to ready position. Ball fed from 18' baseline.	4	<b>Option</b>
	3		3		3	
	2		2		2	
	1		1		1	
<b>Competitive</b>						
	4	<b>The Game</b> Knows how to win and lose a point, where to stand to serve and return in the tiebreak and can keep score using a visual scoreboard.	4	<b>Improve</b> Has improved their score in two simple measurable tasks over several weeks, can observe the performance of others and identify good performance.	4	<b>Compete</b> 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!						