

# Longfellow Clubs Junior Development Program

## Zip Zone - Level: Zip III (ages 7-8)

<b>Physical</b>						
	4	<b>Control</b> Can throw and catch a big ball with a partner while standing on one leg, other leg (always maintaining balance). Can hit consistently on forehand and backhand from a balanced stance.	4	<b>Move</b> Can run through a footwork ladder using a variety of patterns, incl. 2 steps in each box, sideways stepping in each box, and hopscotch pattern.	4	<b>Coordinate</b> Can bounce, throw and catch ball with non dominant hand, and dominant hand. Self rally using alternate hands. Kick a ball using alternate feet with a partner.
	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 correct service box.	4	<b>Rally I</b> Can rally using the forehand in the 36' court from the baseline (10 shots). Must include sound technical shape.	4	<b>Rally II</b> Can rally from the baseline of the 36' court using a combination of forehands and backhands (10 shots), showing recovery between shots.
	3		3		3	
	2		2		2	
	1		1		1	
	4	<b>Rally III</b> Can do a simple cross court rally using their preferred shot (forehand or backhand). Stance should match intention and be slightly open.	4	<b>At Net</b> Can hit a simple approach, move in, and volley the next ball rallied back from a partner.	4	<b>Option</b> Can return the serve back into the court and away from the server. (Server must stand still after the serve).
	3		3		3	
	2		2		2	
	1		1		1	
<b>Competitive</b>						
	4	<b>The Game</b> Can keep score for a 3 set, tiebreak match. Call out each point, and serve and return from correct positions.	4	<b>Improve</b> Has improved their score in two simple measurable tasks over several weeks, can observe weakest shot of opponent.	4	<b>Compete</b> Has participated in a competition outside of clinic. Shows tactical understanding including directing ball away from opponent.
	3		3		3	
	2		2		2	
	1		1		1	

1 = Just starting   2 = getting there   3 = almost complete   4 = completed

<b>Player:</b>	<b>Date:</b>
<b>Coach:</b>	<b>Clinic:</b>

Please note that mental skills are included throughout all activities!