

Longfellow Clubs Junior Development Program

Level: Big Shots (ages 6 & 7)

Physical							
	4	Control	4	Move	4	Coordinate	
	3	Can rotate and throw a large ball using good rotation, shoulders level and head still. Can clap and coordinate arms together in different patterns.	3	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	3	Can throw and catch a ball with a partner whilst moving sideways. can throw at different targets at different heights and distances using an over-arm action	
	2		2		2		
	1		1		1		
Technical Tactical							
	4	Serve & Return	4	Rally I	4	Rally II	
	3	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)	3	Can direct a fed ball back over the net and down the line in %the 36 court from both the forehand and backhand side, from the 18 line	3	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)	
	2		2		2		
	1		1		1		
	4	Rally III	4	At Net	4	Option	
	3	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	3	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.	3		
	2		2		2		
	1		1		1		
Competitive							
	4	The Game	4	Improve	4	Compete	
	3	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.	3	Has improved their score in two simple measurable tasks over several weeks, can observe the performance of others and identify good performance.	3		Has participated in a Team Tiebreak competition, showing work with a partner or team.
	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!