

### **Heart System**

The Heart System is for students in our Quickstart Academy. Students are incentivized by being able to execute certain skills within their allotted court space and coaches are to use as reference points in developing their group. Coaches' main objective is to develop the skills within their group to help each student reach their markers.

No Control---Some Control --- Has Control

Head - Eyes - shoulders

### **Red Heart**

### White

- 1 2x a week
- Can roll ball back straight to partner with hand and with racket
- Can catch a bouncing ball to oneself
- Can underhand toss to partner
- Can run sideways, up and back.
- Can balance on one foot

### Blue

- \*2 ball rally Play 1-2x a week
- Can bounce and catch ball back and forth with a partner
- Can tap ball with palm of hand off of a feed and tap a ball w/hand on a self-feed
- Can tap ball into court with racket on both sides (FH, BH)
- Can shuffle back behind baseline after sending the ball.

# Grey

- \*4-6 ball rally Play 2x a week
  - Can catch and bounce ball to partner and away from partner
- Can tap the ball up to oneself and to a partner w/racket
- Can push ball to partner into the court consistently and switch FH and BH.
- Can catch balls out of the air and high five balls with hand and racket.
- Can start a point with a bounce feed into court both BH and FH

### Black

- \*8 ball rally
- Can catch both balls off the bounce and out of the air
- Cant tap up volleys with racket and to a partner
- Can push and Stroke a ball into the court consistenly with a partner on both
- Can stroke the ball with low to high swing/finish on both sides
- Can overhead high fives into the court with racket

# **Orange Heart**

#### White

\*0-4 ball rally Plays 1-2x a week

- Can underhand toss to partner in their court space.
- Can tap ball up to oneself and to partner into the court with bounce and out of the air
- Can send and receive ball with balance (head and shoulders leveled)
- Can feed with overhead tap to partner

#### Blue

\*4-6 ball rally Plays 2x a wee

- Can send and receive ball on both sides comfortably with balance in a space (service boxes) waist height
- Can move and recover with balance both shuffle and crossover
- Can send ball away from partner into space
- Can start point with an overhead push
- Can volley ball back and forth with partner

# Grey

\*6-8 ball rally Plays 2x a week

- -Can send ball or both sides of the body in a 60 ft. court with balance
- -Can receive high
- -Can move up/back/sideway s with recovery (shuffle and crossover)
- -Can volley to and away from partner
- -Can start point with overhead stroke from 60 ft.

### Black

\*10 ball rally Plays 3x a week

- -Can send and receive ball on both sides of the body with balance and preparation with proper finish
- -Can move partner with purpose sending and receiving deep and short balls
- -Can move serve around in box with and without slice
- -Can move with balance, head still and shoulders leveled
- -Can volley to and move from baseline to the

## **Green/Yellow Heart**

#### White

\*4 ball rally Plays 1-2x a week

- Can send ball to partner in service box on both sides of the body.
- Can send overhead push into court
- Can do tap ups with and without bounce
- Can tap up volleys to partner
- Can move sideways with run, shuffle and crossover

#### Blue

\*6 ball rally Plays 2x a wee

- Can send and receive balls on both sides of the body into the full court
- Can send and receive balls out of the air(volley and swing volley and
- Can send ball away from partner into
- Can send ball with an overhead hit into opposite hox

# Gre

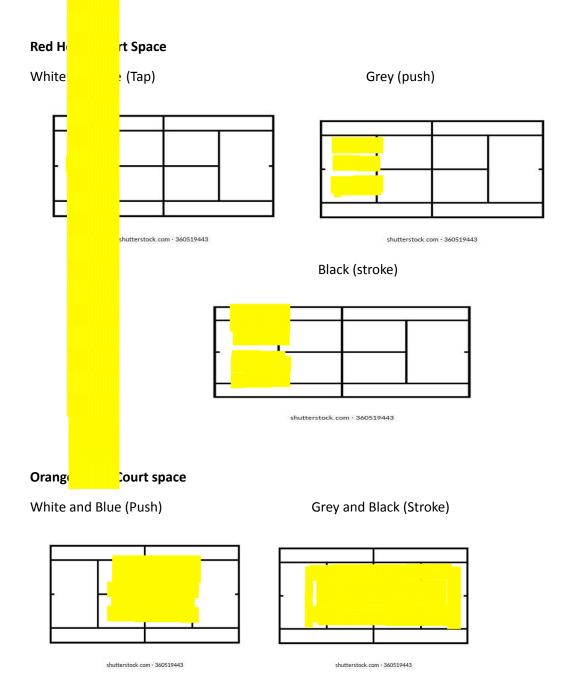
\*8 ball rally Plays 2x a week

- Can send and receive balls from full court with balance and minimal technique (i.e. finish/impact)
- Can volley ball to partner with balance and transition
- Can send overhead ball into opposite box with spin
- Can send ball with direction

#### Black

\*10 ball rally Plays 3x a week

- Can send and receive high and low balls with (prep, impact, finish) to partner and away from partner
- Can utilize topspin and slice
- Can move backwards with drop step and "beat the ball"
- Can swing volley and volley with continental grip or "in between" grip



# **Green/Yellow Heart Court Space**

White and Blue Grey and Black

