



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



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 week

- 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 on both sides of the body in a 60 ft. court with balance
- Can receive high and low balls
- Can move up/back/sideways with recovery (shuffle and crossover)
- Can volley to and away from partner
- Can start point with overhead stroke from 60 ft. baseline

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 net.

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 week

- 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 overheads)
- Can send ball away from partner into the court.
- Can send ball with an overhead hit into opposite box

Grey

*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 to the net
- Can send overhead ball into opposite box with spin
- Can send ball with direction

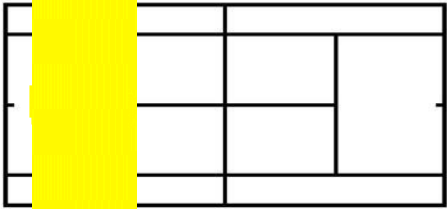
Black

*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

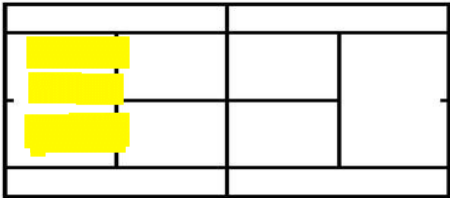
Red Heart Court Space

White (Tap)



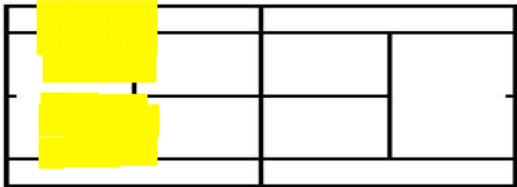
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Grey (push)



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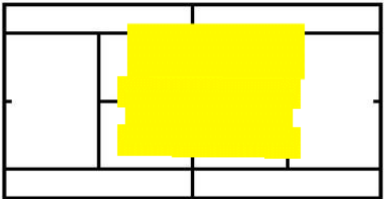
Black (stroke)



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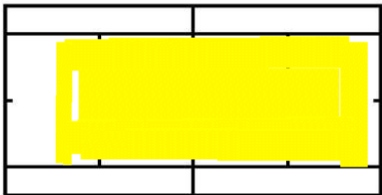
Orange Heart Court space

White and Blue (Push)



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Grey and Black (Stroke)

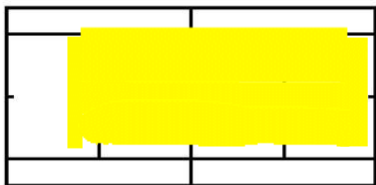


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Green/Yellow Heart Court Space

White and Blue

Grey and Black



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