

Kids Characteristics | (Ages 5-6)

1. Great difficulty with fine motor skills
2. Reactions and anticipations skills are slow
3. Self-centered, lack a sense of time, and are impatient
4. Listening and following instructions can be very difficult
5. Scoring, winning, and losing are not understood
6. Throw with limited rotation and catch with two hands
7. Rallying over the net may be too advanced
8. 30-minute practice sessions are optimal
9. Practice sessions should be fun, active and interesting