

Kids Characteristics | (Ages 7-8)

1. Gross motor skills are developing
2. Reaction speed is improving, tracking skills remain difficult
3. Beginning to cooperate and share with others
4. Better at following directions
5. Learning the concepts of winning and losing
6. Throw has more body turn and weight transfer
7. Beginning to understand scoring and line calling
8. 45-60 minute practice sessions are optimal
9. Practice sessions should be fun, active, and positive