

SPORTBALL DEVELOPMENTAL MILESTONES CHART

	Sportball First Steps (16 - 24 months)	Sportball ABC's of Sport (2 - 3 years)	Sportball Fundamentals (3 - 6 years)	Sportball Skills & Teamplay (6 - 9 years)	Sportball Learn to Lead (9 - 12 years)
Motor	<ul style="list-style-type: none"> Stepping Parent-assisted jumps Crawling (hands & knees) Tippy-toeing Balancing w/ assistance Grasping Carrying 	<ul style="list-style-type: none"> Jumping off 2 feet Crawling (hands & feet) Balancing independently Running Dodging Skipping Chasing Rolling over 	<ul style="list-style-type: none"> Jumping off 1 foot Jumping for distance Directional crawling Defending a space Motor skill combinations Skipping 	<ul style="list-style-type: none"> Progressive skill combinations Intro to functional exercise and fitness 	<ul style="list-style-type: none"> Progressive skill combinations Functional exercise and fitness
Social	<ul style="list-style-type: none"> Attention and focus Following instructions Spatial awareness Confidence 	<ul style="list-style-type: none"> Turn-taking Pro-social Language Intro to Problem Solving Sharing 	<ul style="list-style-type: none"> Winning and losing Independence Teamwork Game Rules Problem-solving Sharing 	<ul style="list-style-type: none"> Strategy Group goals Progressive problem-solving Intro to roles and positional play Leadership 	<ul style="list-style-type: none"> Strategy Sport-specific rules Group goals Personal goals Leadership Inclusivity Roles & positional play
Sport	<ul style="list-style-type: none"> Introduction to assisted skill practice (throwing, catching, passing, shooting, scoring, batting, kicking, dribbling, bumping, spiking, swinging) 	<ul style="list-style-type: none"> Assisted skill practice Introduction to independent skill practice and progressions 	<ul style="list-style-type: none"> Independent skill practice Skill combinations Correct form Intro to game play and sports-specific terminology 	<ul style="list-style-type: none"> Progressive skill combinations Progressive game play and sports terminology Intro to sport-specific rules 	<ul style="list-style-type: none"> Progressive skill combinations Sports-specific game play and rules Sports terminology



SPORTBALL PROGRAM PROGRESSION MODEL


Building lifelong healthy habits, independence and confidence starts at an early age. Here's how Sportball programs can help your child through 5 key developmental stages.

16 months	2 years	3 years	6 years	9 years	12 years
		Multi-Sport			
		Soccer			
		Floor Hockey			
		Baseball/ T-Ball*			
		Basketball			
		Tennis			
		Football/ Flag Football*			
			Fitkids		
			Girls Only		
			Dodgeball*		
					*U.S. Only



**SPORTBALL
FIRST STEPS**
AGES 16 - 24 MONTHS

Children start to explore and develop their motor and social skills with parent support and participation. Coaches introduce children to basic body movements through creative sports and games.



**SPORTBALL
ABC'S OF SPORT**
AGES 2 - 3 YEARS

Children are introduced to the basic concepts of 8 core sports, and begin to explore new body movements and improve their coordination. Parents assist their children as Coaches introduce the class to concepts of turn-taking and sharing. This is a great stage for both parents and kids to make new friends!



**SPORTBALL
FUNDAMENTALS**
AGES 3 - 6 YEARS

Children graduate to Coach & Child programs at this stage. Coaches support children as they develop their confidence and learn to participate on their own. Children continue to develop their basic sport skills and are introduced to teamwork, problem-solving and sportsmanship.



**SPORTBALL
SKILLS & TEAMPLAY**
AGES 6 - 9 YEARS

Coaches encourage children to build on their existing fundamental sport skills at increasing levels of difficulty. Children are introduced to sport-specific rules as well as functional fitness and exercise. Strategy, team play and inclusion are emphasized in game situations.



**SPORTBALL
LEARN TO LEAD**
AGES 9 - 12 YEARS

Children refine, rehearse and repeat sport skill combinations with improved coordination. Participants understand the fundamentals of game play and work with their team to accomplish shared goals. Coaches introduce the concepts of leadership and provide kids with the confidence they need to succeed in sport and life.