

STAR DEVELOPMENT SYSTEM

STUDENT NAME

STUDENT HANDBOOK

FUTURE STAR LEADER ELITE HARD WORKER

STUDENT **PROFILE**

STUDENT NAME	10 ×★
FAVOURITE SPORT	10 ×★
FAVOURITE PLAYER	10 ×★
FAVOURITE MOVE	10× ★

COLLECT POINTS FOR FILLING OUT THE BOOK

TAC SPORTS BONUS COMMITTMENT - PRACTICE YOUR SUPERSTAR SIGNATURE

SUPERSTAR SIGNATURE

COMMITMENT I commit to my own development, knowing that if I am consistent in my 50× practice I will develop rapidly.

RESPECT I respect my own development, my coaches and the TAC Sports System, knowing that respect is the foundation of sportsmanship and focus

LEADERSHIP I commit to being a leader both in sports and in life, always helping others to improve and leading by example



On behalf of **TAC SPORTS** we are pleased to recognize and honour you for outstanding commitment to skill and leadership development at camp.



CONGRATULATIONS! **



5 STAR DEVELOPMENT SYSTEM



BEGINNER



BEGINNER -INTERMEDIATE



INTERMEDIATE



INTERMEDIATE -ADVANCED



ADVANCED



Proficient

Student has been introduced to the skilland has basic ability to execute in isolation



Student has a good understanding of the skill and is able to execute accurately



Student as an excellent understanding of the skill and is able to execute with speed and under pressure

BASIC OVERVIEW

TAC Sports created The 5 Star Development System[™] to assist students to become more motivated, more confident, and more knowledgeable about their own development.

The 5 Star Development
System™ includes 5 different
levels with a symbolic colour
assigned to each level, similar to
the coloured belts commonly
found in various martial arts.

Each of the different levels has specific criteria and achievements that need to be satisfied to advance to the next level of development.

Each different level specifies criteria and achievements for students to obtain for each sport.

















STUDENT TRACKING

Each of our students is individually tracked in each of the sports they are enrolled in. They have an account and a history of their progress reports, current level of the 5 Star Development SystemTM, their points of improvement, their strong points, and any additional notes pertaining to the student.

Students are tracked continuously throughout each of the different programs. The 5 Star Development SystemTM works across all types of programs, and students have the opportunity to get to the next level whether it be a development program, camp, competitive program or prep- academy.

ONLINE PROGRESS REPORTS

The student handbook functions as a useful, ever-evolving progress report. Students are expected to take this with them to every program until they complete their different levels and achieve the TAC Star.

Parents can find more detailed explanations of each of the skills and download a fully explained progress report at:

www.tacsports.ca/5star

SOCCER



RECEIVING

Control - Foot

☆	₩	公
1	2	3

Control -**Non-Dominant Foot**

\triangle	\triangle	☆
1	2	3



Close Control With Both Feet

公	\triangle	☆
1	2	3

Control - Body

公	公	公
1	2	3

Oriented Control -Inside of Foot



Oriented Control -Outside of Foot

☆	☆	☆
1	2	3



Control - Thigh



Control - Chest

☆	公	☆
1	2	3

Oriented Control -Thigh & Chest



Oriented Control -Head



DRIBBLING

Basic Turns



Basic Dribbling

	☆	
1	2	3

Running with the ball

☆	Δ	₩
1	2	3

Escaping the opponent



Beating the opponent



Feints and Dribbles



Close Quarter Dribbling

☆	☆	☆
1	2	3

Driving

☆	☆	☆
1	2	3

Space Creation

公	☆	☆
1	2	3

Poise

公	☆	公
1	2	3

SHOOTING

Strike the ball

	公	☆
1	2	3

Instep

公	☆	公
1	2	3

1 x GK

☆	公	☆
1	2	3

Striking with the Laces

公	公	公
1	2	3

Half Volley



Volley

\triangle	公	☆
1	2	3

1x1 + GK

☆	☆	☆
1	2	3

2X1 + GK

公	☆	☆
1	2	3

Set Play

Execution		
٨	<	<
W	M	W
1	2	3

Bicycle Kicks

Δ	\triangle	公
1	2	3

PASSING

Basic Passing



Instep passing

☆	☆	₩
1	2	3

Passing Accurately - 5 m



Passing Accurately - 10 m



Passing Accurately - 20 m



Through Ball



Long Pass

☆	☆	☆
1	2	3

Crossing

公	☆	☆
1	2	3

Overlapping Runs



Combination Passing

公	☆	₩
1	2	3

STRATEGY

Attacking 1x0



Attacking 1x1





Attacking in pairs 2x1 or 2v2



Pressure



Penetration



Delay



Improvisation/ Creativity



Cover



Transitions



Positional Play













TENNIS



GROUNDSTROKES

Grip

☆☆☆

Proper Stance -Follow-through

 \triangle \triangle 1 2 3

NETPLAY & STRATEGY

Volley Grip

公公公

Standard Volley

公公公

OVERHEAD/SERVING Serving Intro

Throw Serve

☆ ☆ ☆

FOOTWORK Shuffle Step

Sideways Stance

合 合 合

GAMEPLAY + STRATEGY

Sportsmanship

公 公 公

Tennis Court Lines

 \Diamond \Diamond \Diamond

Basics of



Forehand

 \Diamond \Diamond \Diamond

Backhand

☆ ☆ ☆

Volley Position

 $\triangle \triangle \triangle$

Step-in

☆☆☆

Toss

Overhead Smash

Ready Position

Footspeed

合 合 合

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Tennis Match

Singles & Doubles

☆ ☆ ☆ 1 2 3



Cross Court

合合合

Drop

☆ ☆ ☆
1 2 3

Volley Drop

☆ ☆ ☆
1 2 3

Forehand Volley

☆ ☆ ☆
1 2 3

Underhand Serve

☆☆☆

Overhead Serve

公公公

Return to "T" ☆☆☆

Court Coverage

公 公 公

Rally

公 公 公

Court Sense

☆☆☆



Topspin

Baseline Drives

Backhand Volley

Net Play and Strategy

Return a Serve

2nd Serve

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Approach

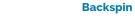
Offensive Play

☆ ☆ ☆
1 2 3

Defensive Play

Advanced Strategy

☆ ☆ ☆
1 2 3





Lob

☆ ☆ ☆

Singles Net Play

公 公 公

Doubles Net Play

Deep-court Overhead Smash

☆☆☆ 1 2 3

Serving Strategy

Split Step

☆ ☆ ☆

1 2 3 Coaching

 $\triangle \triangle \triangle$

 \triangle \triangle



TEAM PLAYER

CAPTAIN











BASKETBALL



DRIBBLING

Dribbling: One hand with visual feedback



Dribbling: two hands

公	☆	☆
1	2	3

PASSING

Chest-pass



Bounce-pass

☆	\triangle	2
1	2	3

Chest-pass/

合合合

SHOOTING

Free-throw

☆	☆	2
1	2	3

Shooting Mechanics

公	☆	4
1	2	3

DEFENSE

Footwork: Side-shuffles, Basic Lines of **Back-pedalling**



STRATEGY AND **POSITIONING**

Basketball



Staying between the ball Point Structure in carrier and the basket



Basketball

☆ ☆ ☆ 1 2 3



Crossover



Dribbling backwards with cross over



1 2 3 **Overhead-pass**

Bounce-pass (dynamic)



Lay-Ups



Jump Shots



Man-Defense



Rebounds



Basic Strategy



Positioning





Dribbling between the legs



basketballs

公 公 公

2 3

Dribbling with two

Pass reception, **Pivoting**

Pass Positioning



Jump shots at different angles

three-pointers



Zone Defense



Boxing Out for



Different positions and positioning on court



Decision-making from pass reception: shoot or layup (in front of defender)



2



Dribbling with pressure

	公	☆
1	2	3

Posting-up in the paint



3-man Weave

☆	☆	₩
1	2	3

Swinging the ball

☆	☆	☆
4	2	2

Hook-shots



☆	₩	₩
1	2	3

Pump fake shot

Shooting from all

areas of the court

Pick and Roll

 \triangle \triangle

Screen Setting and

Switching coverage

☆	☆	☆
1	2	3

Steals

Blocks

defensive strategy

Odd man rush



Odd man rush offensive strategy



Center offensive



Defensive strategies









Odd-man rush



Isolation



Point-guard Play Calls



Fadeaways/Step-back

 \triangle \triangle

2 3





 \triangle \triangle

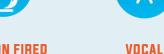




TEAM PLAYER



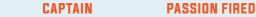








SPORTSMANSHIP



BADMINTON



STROKES

Universal Grip



Backhand Grip







Fundamentals of **ForehandDrive**







Consistency & Accuracy





2 3

Smashing from Mid Court • Cut off Smash

2

Fine Tuning All Basic Shots

公 公 公

2 3

1

Introduction to **Jump Smash**

NET PLAY

Preparation at the Net - Racquet Up 合 合 合

Forehand and **Backhand Net Drops**

2 3

Returning a Serve with a Net Shot

VV 2 3

Refinement of **Net Drop**

2 3

Back court Drop Shot

公 公 公 2 3

Net Kills

Cross Court Net Shots

2 3

Refinement of Drop, Net & Smash Shots

2

Accurate and Consistent Placement of Shots Cross Court

☆ ☆ 2 3

Art of Deception: Shielding Stroke

OVERHEAD/SERVING

Backhand Serve Grip

2 3

Fundamentals of Underhand Serve

公公 2 3

Placement of Backhand Short Serve + Underhand **Long Serve**

Introduction to Service Receive and Return

公 公 公 2 3

Introducing Backhand Flick Serve

公 公 公 2 3

Consistency & Accuracy

公 公 公 2

Consistency and Accuracy of Shot Placement

Refinement of Serving and Receiving

2 3

Art of Deception:

公 公 2 3

Art of Deception (Cross Court, Shield Stroke, Flick Serves, Etc.)

FOOTWORK

Ready Position

Front + Back **Court Footwork**

2 3

Sidecourt Footwork

2 3

6 Corners Coverage

公 公 公

Full Court Coverage

口口口口 2 3

Fundamentals of Side to Side Cut Off

公 公 公 3

Fundamentals to Front Court Net Kills

2 3

Rallying: Full Court Coverage

Recovering from being out of Position

公 公 公 2 3

Fundamentals to Jump Smash

GAMEPLAY + STRATEGY

Ready Position & on Court Movement



Differentiating Singles & Doubles Lines



2 3

Understanding Rules of The Game in Badminton



Understanding the DifferencesBetween Singles, **Doubles, & Mixed Doubles**



Understanding Types of Shots Used In Singles



Understanding Types of Shots Used In Doubles



2 3





Introduction to Doubles Tactics (Offensive & Defensive Strategies)





Personal Playing Style



Learning to Compete at a Competitive Level









CAPTAIN











MMA



STANCES/FLOOR

Horse Stance (SK)

☆	☆	☆
1	2	3

Fighting stance (SK)

☆	☆	☆
1	2	3





Guard (JJ)



Front/Back

Stance (SK)

☆ ☆ ☆

1 2 3





Back Stance





Δ	☆	☆
1	2	3

Escaping the

Mount (JJ)		
\sim	_	
7.7	7.7	7.7
1	2	3
_		•

Maintaining Proper Stance (SK)



Submissions (JJ)



PUNCH

Fist/Hammer Eigh (CV)

W	W	W
1	2	3

Reverse punch (SK)

\triangle	Δ	2
1	2	3

Cross punch (SK)



Jab punch (SK)



Elbow strike (SK)



Hook punch (SK)



Haito strike (SK)

☆	☆	₩
1	2	3

Upper cut (SK)

☆	☆	☆
1	2	3

Combining Punching

Tec	hnic	aues
☆	₩	公
1	2	3

Combining Striking

Tec	hnic	ues	
公	☆	☆	
1	2	3	

KICKS

Front kick (SK)

☆	☆	2
1	2	3

Knee strike (SK)

公	☆	2
1	2	3

Roundhouse kick (SK)

☆	☆	☆
1	2	3

Side kick (SK)



Sideways knee



Forward knee

Sui	Ke (I	MI [/
W	W	W
1	2	3
_	_	-

Spin kicks (SK)

☆	☆	☆
1	2	3

Hook kick (SK)

☆	☆	☆
1	2	3

Spin kicks (SK)



Combining Kicking



BLOCKS

High block (SK)

₩	☆	₩
1	2	3

Guard (JJ)



Shrimping

Brid	dgin	g (JJ
\triangle		
1	2	3

Low block (SK)



Outside block (SK)



Inside block (SK)



Shuto block (SK)

☆	☆	☆
1	2	3

Counter striking (MT)

☆	☆	☆
4	9	9

Wrist locks (SK)

☆	☆	☆
-	_	_

Key Shoulder

Loc	ks (JJ)
☆	☆	\$
-	_	_

SELF-DEFENSE

What is a pressure point? \triangle \triangle

Basic pressure points



1 2 3





TBD



Advanced pressure points



Advanced Take Downs



Basic Understanding of Defence Situations



Escaping Holds:

Loc	:ks	
<^≻	<	4
M		M







Basic first-aid techniques







CAPTAIN







VOCAL





FLOOR HOCKEY



STICK HANDLING **Proper Grip**

Basic **Stickhandling**

 \triangle \triangle

Head Up **Stickhandling**

合合合

PASSING

Basic Passing

☆☆☆

Tape to Tape

☆ ☆ ☆
1 2 3

SHOOTING

Wrist Shot

Slap Shot

DEFENSE

Positioning

 \Diamond \Diamond \Diamond

Shot Blocking

合 合 合

STRATEGY/GAMEPLAY **Hockey Positions**

Basic Understanding of Hockey Rules

 \triangle \triangle

1 2 3



 \triangle \triangle

Shielding the Puck

Backhand Passing

 \Diamond \Diamond \Diamond

Receiving in Movement

1 2 3

Snap Shot

Backhand Shot

Lifting the stick

1v1 Defense

 $\triangle \triangle \triangle$

Basic Gameplay

 \Diamond \Diamond \Diamond

Basic Understanding of Hockey Strategy

 \Diamond \Diamond \Diamond



Deke

Lateral Pull Back

公 公 公

Weight and Accuracy

Saucer Pass

Disguised Release

One-timer

公 公 公

Refinement of

Accuracy for all Shots

Zonal Coverage

公 公 公

Defence Lob Shot

Defensive Formation

Attacking Formation

Special Teams

Powerplay and

Penalty Kill

☆ ☆ ☆



Wrap-Around

合合合

Changing Speed

Fakes and Feinting

 \Diamond \Diamond \Diamond

High Speed

☆ ☆ ☆

Lead Out Pass

Foot to Stick

Give and Go

 \Diamond \Diamond \Diamond

Possession

Fake Shot

 \triangle \triangle

 $\triangle \triangle \triangle$

Break-aways

Decision Making

Supporting the Attack

合 合 合

Defensive Zone Breakout

Decision Making

 \Diamond \Diamond \Diamond

Goaltending Intro

High Level Strategy

 \Diamond \Diamond \Diamond

Competitive Games

 \triangle \triangle







VOCAL



SPORTSMANSHIP

TEAM PLAYER

CAPTAIN





FLAG FOOTBALL



RUNNING

Footwork: agility



Footwork: cuts. backpeddling



Running back handoff reception with run



Reverse



Running back toss introduction



Runningback Cutbacks





Runningback introduction to jukes and spins: proper footwork



Wildcat



Advanced skill execution



Ability to make one handed catches



PASSING

Running back hand-off



Fundamental running back stance



Quarterback pass to moving target



Implement basics of route tree



Implement full route tree for quarterback



Introduction to quarterback playcalls



Ability for quarterback to throw ball with speed, distance, accuracy



Quarterback option



Running back ability to read defense and make decisions: find openings, run with head up



Running back ability to read defense and make decisions: find openings, run with head up



RECEIVING

Fundamental quarterback throwing mechanics to accomplish spiral



Fundamental receiver catching and stance



Catching underhand



and overhand

Receiver catch+transition into ball carrying



Receiver knowledgeable of route tree



Receiver screen and swing pass: ability to run the route and catch the ball



Ability for receiver to make catch while under pressure



Hitch & Go route



Quarterback able to pass accurately under pressure



Quarterback able to pass accurately under pressure



DEFENSE

Fundamental defensiveback stance and footwork



Back pedal and shadow receiver



Defensive coverage fundamentals for Cornerback



Defensive coverage fundamentals for safety



1v1 defensive coverage: plays inside coverage, speed, footwork; Kickoff Defense shut down defense



1v1 defensive coverage: playing the receiver 5 years back/10 vards back



Defensive knowledge of zone defense: proper positioning and defensive coverage



Field goal defense

 9	
☆	₩
_	_

Ability to execute play action fake: coordination between the quarterback, runningback and receiver receiver catching the ball



Ability to execute play action fake: coordination between the quarterback, runningback and receiver-receiver catching the ball



Fundamental ball carrying, switching the ball between hands



Carrying the ball on the outside when running along the sidelines



2





Kickoff reception: reading the defense



Alignment



Kickoff Defense Routes



Kickoff/punt kicker introduction



field goal/2 point conversion



Advanced knowledge of defensive strategies: zone•man defense



Advanced knowledge of defensive strategies: zone man defense

















DANCE



POSITION OF THE ARMS

1st, 2nd Position of the arms

\triangle	\triangle	\triangle
1	2	3

3rd, Spanish 4th, 5th **Positions of the arms**

☆	☆	☆
1	2	3



5th Position port-de







1st, 2nd Position of arms Arebesque





☆	公	公
1	2	3

bras





Petit and Grand Battement



3rd, 4th Position of arms Arebesque



Completing 1st, 2nd positonswith leg in Arebesque



Completing 3rd, 4th positons with leg in Arebesque 合 合 合 2 3

Variations of port-de bra in centre



MOVEMENTS OF THE FEET/LEGS

Learning 1st, second and parallel



Learning 3rd, 4th and 5th positon



Demi- Plié. **Grande Plié**



Learning, Tendu and dégagé



Relévé, Retiré, Passe





Sous-sous in 5th position releve



Frappe devant and second, Fondue



Frappe en croix



Frappe en fondue



JUMPS

Jumping in Parallel



Jumping in 1st, 2nd and 4th



Jumps in 5th with changement



Echappé, Pas de Chat, essemble



Petit Jeté, Basic **Batterie, Glissade**



Grand- Jeté and Entrachat, sissonne



Fouetté and Entrachat Quatre

公公公 2 3

Grand-Jeté en Tournant



Single Tour en l'air



Double Tour en l'air



PIROUETTES/TURNS

Chaînés



Consecutive Chaînés



Piqué en tournant



Chaînés and Piqué consecutive turns



Single Pirouette



Multiple Pirouettes



Pirouette Fouetté



Pirouette à la second



Promenade en passè



Promenade en arebesque













CAPTAIN

PASSION FIRED



















TAC SPORTS STAR DEVELOPMENT SYSTEM

DEVELOPMENT PROGRAMS

SPORTS CAMPS

ACADEMY TEAMS

LUNCH & AFTERSCHOOL PROGRAMS

THANK YOU TO OUR CONTRIBUTORS

Vivian Lau
Daniel Da Eira
Marco Gomes
Rob Cooley

Rene Alvarez Nemanja Jovanovic Vanessa Spano

Locations Across the GTA