



# **5 STAR<sup>★</sup>** **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

### COMMITMENT

50×★

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

### RESPECT

50×★

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

### LEADERSHIP

50×★

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

50×★

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<sup>★</sup> DEVELOPMENT SYSTEM



## BEGINNER



## BEGINNER - INTERMEDIATE



## INTERMEDIATE



## INTERMEDIATE - ADVANCED



## ADVANCED



### Proficient

Student has been introduced to the skill and has basic ability to execute in isolation



### Good

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



### Excellent

Student has 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 System™, 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 System™ 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](http://www.tacsports.ca/5star)

☆☆☆ Proficient

☆☆☆ Good

☆☆☆ Excellent

# SOCCER



## RECEIVING

Control - Foot

☆☆☆  
1 2 3

Control -  
Non-Dominant Foot

☆☆☆  
1 2 3



Close Control With  
Both Feet

☆☆☆  
1 2 3

Control - Body

☆☆☆  
1 2 3



Oriented Control -  
Inside of Foot

☆☆☆  
1 2 3

Oriented Control -  
Outside of Foot

☆☆☆  
1 2 3



Control - Thigh

☆☆☆  
1 2 3

Control - Chest

☆☆☆  
1 2 3



Oriented Control -  
Thigh & Chest

☆☆☆  
1 2 3

Oriented Control -  
Head

☆☆☆  
1 2 3

## DRIBBLING

Basic Turns

☆☆☆  
1 2 3

Basic Dribbling

☆☆☆  
1 2 3

Running with  
the ball

☆☆☆  
1 2 3

Escaping the  
opponent

☆☆☆  
1 2 3

Beating the  
opponent

☆☆☆  
1 2 3

Feints and Dribbles

☆☆☆  
1 2 3

Close Quarter  
Dribbling

☆☆☆  
1 2 3

Driving

☆☆☆  
1 2 3

Space Creation

☆☆☆  
1 2 3

Poise

☆☆☆  
1 2 3

## SHOOTING

Strike the ball

☆☆☆  
1 2 3

Instep

☆☆☆  
1 2 3

1 x GK

☆☆☆  
1 2 3

Striking with  
the Laces

☆☆☆  
1 2 3

Half Volley

☆☆☆  
1 2 3

Volley

☆☆☆  
1 2 3

1x1 + GK

☆☆☆  
1 2 3

2X1 + GK

☆☆☆  
1 2 3

Set Play  
Execution

☆☆☆  
1 2 3

Bicycle Kicks

☆☆☆  
1 2 3

## PASSING

Basic Passing

☆☆☆  
1 2 3

Instep passing

☆☆☆  
1 2 3

Passing  
Accurately - 5 m

☆☆☆  
1 2 3

Passing  
Accurately - 10 m

☆☆☆  
1 2 3

Passing  
Accurately - 20 m

☆☆☆  
1 2 3

Through Ball

☆☆☆  
1 2 3

Long Pass

☆☆☆  
1 2 3

Crossing

☆☆☆  
1 2 3

Overlapping  
Runs

☆☆☆  
1 2 3

Combination  
Passing

☆☆☆  
1 2 3

## STRATEGY

Attacking 1x0

☆☆☆  
1 2 3

Attacking 1x1

☆☆☆  
1 2 3

Attacking in pairs  
2x1 or 2v2

☆☆☆  
1 2 3

Pressure

☆☆☆  
1 2 3

Penetration

☆☆☆  
1 2 3

Delay

☆☆☆  
1 2 3

Improvisation/  
Creativity

☆☆☆  
1 2 3

Cover

☆☆☆  
1 2 3

Transitions

☆☆☆  
1 2 3

Positional Play

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

☆☆☆ Proficient

☆☆☆ Good

☆☆☆ Excellent

# TENNIS

## GROUNDSTROKES

Grip

☆☆☆  
1 2 3

Proper Stance -  
Follow-through

☆☆☆  
1 2 3

Forehand

☆☆☆  
1 2 3

Backhand

☆☆☆  
1 2 3

Cross Court

☆☆☆  
1 2 3

Drop

☆☆☆  
1 2 3

Topspin

☆☆☆  
1 2 3

Baseline Drives

☆☆☆  
1 2 3

Backspin

☆☆☆  
1 2 3

Lob

☆☆☆  
1 2 3

## NETPLAY & STRATEGY

Volley Grip

☆☆☆  
1 2 3

Standard Volley

☆☆☆  
1 2 3

Volley Position

☆☆☆  
1 2 3

Step-in

☆☆☆  
1 2 3

Volley Drop

☆☆☆  
1 2 3

Forehand Volley

☆☆☆  
1 2 3

Backhand Volley

☆☆☆  
1 2 3

Net Play and  
Strategy

☆☆☆  
1 2 3

Singles Net Play

☆☆☆  
1 2 3

Doubles Net Play

☆☆☆  
1 2 3

## OVERHEAD/SERVING

Serving Intro

☆☆☆  
1 2 3

Throw Serve

☆☆☆  
1 2 3

Toss

☆☆☆  
1 2 3

Overhead Smash

☆☆☆  
1 2 3

Underhand Serve

☆☆☆  
1 2 3

Overhead Serve

☆☆☆  
1 2 3

Return a Serve

☆☆☆  
1 2 3

2nd Serve

☆☆☆  
1 2 3

Deep-court  
Overhead Smash

☆☆☆  
1 2 3

Serving Strategy

☆☆☆  
1 2 3

## FOOTWORK

Shuffle Step

☆☆☆  
1 2 3

Sideways Stance

☆☆☆  
1 2 3

Ready Position

☆☆☆  
1 2 3

Footspeed

☆☆☆  
1 2 3

Return to "T"

☆☆☆  
1 2 3

Court Coverage

☆☆☆  
1 2 3

Approach

☆☆☆  
1 2 3

Split Step

☆☆☆  
1 2 3

## GAMEPLAY + STRATEGY

Sportsmanship

☆☆☆  
1 2 3

Tennis Court Lines

☆☆☆  
1 2 3

Basics of  
Tennis Match

☆☆☆  
1 2 3

Singles & Doubles

☆☆☆  
1 2 3

Rally

☆☆☆  
1 2 3

Court Sense

☆☆☆  
1 2 3

Offensive Play

☆☆☆  
1 2 3

Defensive Play

☆☆☆  
1 2 3

Advanced Strategy

☆☆☆  
1 2 3

Coaching

☆☆☆  
1 2 3



TEAM PLAYER



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SPORTSMANSHIP

☆☆☆ Proficient

☆☆☆ Good

☆☆☆ Excellent

# BASKETBALL



## DRIBBLING

Dribbling: One hand with visual feedback

☆☆☆  
1 2 3

Dribbling: two hands

☆☆☆  
1 2 3

## PASSING

Chest-pass

☆☆☆  
1 2 3

Bounce-pass

☆☆☆  
1 2 3

## SHOOTING

Free-throw

☆☆☆  
1 2 3

Shooting Mechanics

☆☆☆  
1 2 3

## DEFENSE

Footwork: Side-shuffles, Back-peddalling

☆☆☆  
1 2 3

Staying between the ball carrier and the basket

☆☆☆  
1 2 3

## STRATEGY AND POSITIONING

Basic Lines of Basketball

☆☆☆  
1 2 3

Point Structure in Basketball

☆☆☆  
1 2 3



## Crossover

☆☆☆  
1 2 3

Dribbling backwards with cross over

☆☆☆  
1 2 3

Chest-pass/Bounce-pass (dynamic)

☆☆☆  
1 2 3

Overhead-pass

☆☆☆  
1 2 3

## Lay-Ups

☆☆☆  
1 2 3

Jump Shots

☆☆☆  
1 2 3

## Man-Defense

☆☆☆  
1 2 3

Rebounds

☆☆☆  
1 2 3

## Basic Strategy

☆☆☆  
1 2 3

Positioning

☆☆☆  
1 2 3



Dribbling between the legs

☆☆☆  
1 2 3

Dribbling with two basketballs

☆☆☆  
1 2 3

Pass reception, Pivoting

☆☆☆  
1 2 3

Pass Positioning

☆☆☆  
1 2 3

Jump shots at different angles

☆☆☆  
1 2 3

three-pointers

☆☆☆  
1 2 3

## Zone Defense

☆☆☆  
1 2 3

Boxing Out for Rebounds

☆☆☆  
1 2 3

Different positions and positioning on court

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3



Dribbling with pressure

☆☆☆  
1 2 3

Posting-up in the paint

☆☆☆  
1 2 3

3-man Weave

☆☆☆  
1 2 3

Swinging the ball

☆☆☆  
1 2 3

Hook-shots

☆☆☆  
1 2 3

Pump fake shot

☆☆☆  
1 2 3

Screen Setting and Switching coverage

☆☆☆  
1 2 3

Pick and Roll

☆☆☆  
1 2 3

Odd man rush defensive strategy

☆☆☆  
1 2 3

Odd man rush offensive strategy

☆☆☆  
1 2 3



1v1

☆☆☆  
1 2 3

Odd-man rush

☆☆☆  
1 2 3

Isolation

☆☆☆  
1 2 3

Point-guard Play Calls

☆☆☆  
1 2 3

Shooting from all areas of the court

☆☆☆  
1 2 3

Fadeaways/Step-back shots/floater

☆☆☆  
1 2 3

Steals

☆☆☆  
1 2 3

Blocks

☆☆☆  
1 2 3

Center offensive strategies

☆☆☆  
1 2 3

Defensive strategies

☆☆☆  
1 2 3



TEAM PLAYER



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# BADMINTON

## STROKES

Universal Grip

☆☆☆  
1 2 3

Backhand Grip

☆☆☆  
1 2 3

## NET PLAY

Preparation at the Net - Racquet Up

☆☆☆  
1 2 3

Forehand and Backhand Net Drops

☆☆☆  
1 2 3

## OVERHEAD/SERVING

Backhand Serve Grip

☆☆☆  
1 2 3

Fundamentals of Underhand Serve

☆☆☆  
1 2 3

## FOOTWORK

Ready Position

☆☆☆  
1 2 3

Front + Back Court Footwork

☆☆☆  
1 2 3

## GAMEPLAY + STRATEGY

Ready Position & on Court Movement

☆☆☆  
1 2 3

Differentiating Singles & Doubles Lines

☆☆☆  
1 2 3

Fundamentals of Overhead & Underhand Clear

☆☆☆  
1 2 3

Fundamentals of Forehand Drive

☆☆☆  
1 2 3

Returning a Serve with a Net Shot

☆☆☆  
1 2 3

Refinement of Net Drop

☆☆☆  
1 2 3

Placement of Backhand Short Serve + Underhand Long Serve

☆☆☆  
1 2 3

Introduction to Service Receive and Return

☆☆☆  
1 2 3

Sidescourt Footwork

☆☆☆  
1 2 3

6 Corners Coverage

☆☆☆  
1 2 3

Understanding Rules of The Game in Badminton

☆☆☆  
1 2 3

Understanding the Differences Between Singles, Doubles, & Mixed Doubles

☆☆☆  
1 2 3

Refinement of Overhead & Shots

☆☆☆  
1 2 3

Consistency & Accuracy

☆☆☆  
1 2 3

Back court Drop Shot

☆☆☆  
1 2 3

Net Kills

☆☆☆  
1 2 3

Introducing Backhand Flick Serve

☆☆☆  
1 2 3

Consistency & Accuracy

☆☆☆  
1 2 3

Full Court Coverage

☆☆☆  
1 2 3

Fundamentals of Side to Side Cut Off

☆☆☆  
1 2 3

Understanding Types of Shots Used In Singles

☆☆☆  
1 2 3

Understanding Types of Shots Used In Doubles

☆☆☆  
1 2 3

Fundamentals of Smashing

☆☆☆  
1 2 3

Smashing from Mid Court + Cut off Smash

☆☆☆  
1 2 3

Cross Court Net Shots

☆☆☆  
1 2 3

Refinement of Drop, Net & Smash Shots

☆☆☆  
1 2 3

Consistency and Accuracy of Shot Placement

☆☆☆  
1 2 3

Refinement of Serving and Receiving

☆☆☆  
1 2 3

Fundamentals to Front Court Net Kills

☆☆☆  
1 2 3

Rallying: Full Court Coverage

☆☆☆  
1 2 3

Introduction to Singles Tactics (Offensive & Defensive Strategies)

☆☆☆  
1 2 3

Introduction to Doubles Tactics (Offensive & Defensive Strategies)

☆☆☆  
1 2 3

Fine Tuning All Basic Shots

☆☆☆  
1 2 3

Introduction to Jump Smash

☆☆☆  
1 2 3

Accurate and Consistent Placement of Shots

☆☆☆  
1 2 3

Art of Deception: Shielding Stroke

☆☆☆  
1 2 3

Art of Deception: Cross Court

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

Recovering from being out of Position

☆☆☆  
1 2 3

Fundamentals to Jump Smash

☆☆☆  
1 2 3

Develop Individual Personal Playing Style

☆☆☆  
1 2 3

Learning to Compete at a Competitive Level

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

☆☆☆ Proficient

☆☆☆ Good

☆☆☆ Excellent

# MMA



## STANCES/FLOOR

Horse Stance (SK)

☆☆☆  
1 2 3

Fighting stance (SK)

☆☆☆  
1 2 3

## PUNCH

Fist/Hammer  
Fist (SK)

☆☆☆  
1 2 3

Reverse punch (SK)

☆☆☆  
1 2 3

## KICKS

Front kick (SK)

☆☆☆  
1 2 3

Knee strike (SK)

☆☆☆  
1 2 3

## BLOCKS

High block (SK)

☆☆☆  
1 2 3

Guard (JJ)

☆☆☆  
1 2 3

## SELF-DEFENSE

What is a  
pressure point?

☆☆☆  
1 2 3

Basic pressure points

☆☆☆  
1 2 3



Break Falls (SK)

☆☆☆  
1 2 3

Guard (JJ)

☆☆☆  
1 2 3

Cross punch (SK)

☆☆☆  
1 2 3

Jab punch (SK)

☆☆☆  
1 2 3

Roundhouse kick (SK)

☆☆☆  
1 2 3

Side kick (SK)

☆☆☆  
1 2 3

Shrimping  
Bridging (JJ)

☆☆☆  
1 2 3

Low block (SK)

☆☆☆  
1 2 3

Basic take downs

☆☆☆  
1 2 3

TBD

☆☆☆  
1 2 3



Front/Back  
Stance (SK)

☆☆☆  
1 2 3

Back Stance  
(SK)

☆☆☆  
1 2 3

Elbow strike (SK)

☆☆☆  
1 2 3

Hook punch (SK)

☆☆☆  
1 2 3

Sideways knee  
strike (MT)

☆☆☆  
1 2 3

Forward knee  
strike (MT)

☆☆☆  
1 2 3

Outside block (SK)

☆☆☆  
1 2 3

Inside block (SK)

☆☆☆  
1 2 3

Advanced  
pressure points

☆☆☆  
1 2 3

Advanced Take Downs

☆☆☆  
1 2 3



Full Mount/Side  
Mount (JJ)

☆☆☆  
1 2 3

Escaping the  
Mount (JJ)

☆☆☆  
1 2 3

Haito strike (SK)

☆☆☆  
1 2 3

Upper cut (SK)

☆☆☆  
1 2 3

Spin kicks (SK)

☆☆☆  
1 2 3

Hook kick (SK)

☆☆☆  
1 2 3

Shuto block (SK)

☆☆☆  
1 2 3

Counter striking (MT)

☆☆☆  
1 2 3

Basic Understanding of  
Defence Situations

☆☆☆  
1 2 3

Escaping Holds:  
Locks

☆☆☆  
1 2 3



Maintaining Proper  
Stance (SK)

☆☆☆  
1 2 3

Submissions (JJ)

☆☆☆  
1 2 3

Combining Punching  
Techniques

☆☆☆  
1 2 3

Combining Striking  
Techniques

☆☆☆  
1 2 3

Spin kicks (SK)

☆☆☆  
1 2 3

Combining Kicking  
Techniques

☆☆☆  
1 2 3

Wrist locks (SK)

☆☆☆  
1 2 3

Key Shoulder  
Locks (JJ)

☆☆☆  
1 2 3

Advanced knowledge  
of street-smart rules

☆☆☆  
1 2 3

Basic first-aid  
techniques

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP



☆☆☆ Proficient

☆☆☆ Good

☆☆☆☆ Excellent

# FLOOR HOCKEY

## STICK HANDLING

Proper Grip

☆☆☆  
1 2 3

Basic Stickhandling

☆☆☆  
1 2 3

## PASSING

Basic Passing

☆☆☆  
1 2 3

Tape to Tape

☆☆☆  
1 2 3

## SHOOTING

Wrist Shot

☆☆☆  
1 2 3

Slap Shot

☆☆☆  
1 2 3

## DEFENSE

Positioning

☆☆☆  
1 2 3

Shot Blocking

☆☆☆  
1 2 3

## STRATEGY/GAMEPLAY

Hockey Positions

☆☆☆  
1 2 3

Basic Understanding of Hockey Rules

☆☆☆  
1 2 3

Head Up Stickhandling

☆☆☆  
1 2 3

Shielding the Puck

☆☆☆  
1 2 3

Backhand Passing

☆☆☆  
1 2 3

Receiving in Movement

☆☆☆  
1 2 3

Snap Shot

☆☆☆  
1 2 3

Backhand Shot

☆☆☆  
1 2 3

Lifting the stick

☆☆☆  
1 2 3

1v1 Defense

☆☆☆  
1 2 3

Basic Gameplay

☆☆☆  
1 2 3

Basic Understanding of Hockey Strategy

☆☆☆  
1 2 3

Deke

☆☆☆  
1 2 3

Lateral Pull Back

☆☆☆  
1 2 3

Weight and Accuracy

☆☆☆  
1 2 3

Saucer Pass

☆☆☆  
1 2 3

Disguised Release

☆☆☆  
1 2 3

One-timer

☆☆☆  
1 2 3

Zonal Coverage

☆☆☆  
1 2 3

Defence Lob Shot

☆☆☆  
1 2 3

Attacking Formation

☆☆☆  
1 2 3

Defensive Formation

☆☆☆  
1 2 3

Wrap-Around

☆☆☆  
1 2 3

Changing Speed

☆☆☆  
1 2 3

Lead Out Pass

☆☆☆  
1 2 3

Foot to Stick

☆☆☆  
1 2 3

Refinement of Accuracy for all Shots

☆☆☆  
1 2 3

Fake Shot

☆☆☆  
1 2 3

Supporting the Attack

☆☆☆  
1 2 3

Defensive Zone Breakout

☆☆☆  
1 2 3

Special Teams

☆☆☆  
1 2 3

Powerplay and Penalty Kill

☆☆☆  
1 2 3

Fakes and Feinting

☆☆☆  
1 2 3

High Speed

☆☆☆  
1 2 3

Give and Go

☆☆☆  
1 2 3

Possession

☆☆☆  
1 2 3

Decision Making

☆☆☆  
1 2 3

Break-aways

☆☆☆  
1 2 3

Decision Making

☆☆☆  
1 2 3

Goaltending Intro

☆☆☆  
1 2 3

High Level Strategy

☆☆☆  
1 2 3

Competitive Games

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

☆☆☆ Proficient

☆☆☆ Good

☆☆☆☆ Excellent

# FLAG FOOTBALL

## RUNNING

Footwork: agility

☆☆☆  
1 2 3

Footwork: cuts, backpeddling

☆☆☆  
1 2 3

## PASSING

Running back hand-off

☆☆☆  
1 2 3

Fundamental running back stance

☆☆☆  
1 2 3

## RECEIVING

Fundamental quarterback throwing mechanics to accomplish spiral

☆☆☆  
1 2 3

Fundamental receiver catching and stance

☆☆☆  
1 2 3

## DEFENSE

Fundamental defensive-back stance and footwork

☆☆☆  
1 2 3

Back pedal and shadow receiver

☆☆☆  
1 2 3

## STRATEGY

Fundamental ball carrying, switching the ball between hands

☆☆☆  
1 2 3

Carrying the ball on the outside when running along the sidelines

☆☆☆  
1 2 3

Running back handoff reception with run

☆☆☆  
1 2 3

Reverse

☆☆☆  
1 2 3

Running back toss introduction

☆☆☆  
1 2 3

Runningback Cutbacks

☆☆☆  
1 2 3

Quarterback pass to moving target

☆☆☆  
1 2 3

Implement basics of route tree

☆☆☆  
1 2 3

Implement full route tree for quarterback

☆☆☆  
1 2 3

Introduction to quarterback playcalls

☆☆☆  
1 2 3

Catching underhand and overhand

☆☆☆  
1 2 3

Receiver catch+transition into ball carrying

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1 2 3

Receiver knowledgeable of route tree

☆☆☆  
1 2 3

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

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1 2 3

Defensive coverage fundamentals for Cornerback

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1 2 3

Defensive coverage fundamentals for safety

☆☆☆  
1 2 3

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

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1 2 3

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

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1 2 3

Kick-off reception alignment

☆☆☆  
1 2 3

Kickoff reception: reading the defense

☆☆☆  
1 2 3

Kickoff Defense Alignment

☆☆☆  
1 2 3

Kickoff Defense Routes

☆☆☆  
1 2 3

Runningback introduction to jukes and spins: proper footwork

☆☆☆  
1 2 3

Wildcat

☆☆☆  
1 2 3

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

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1 2 3

Quarterback option

☆☆☆  
1 2 3

Ability for receiver to make catch while under pressure

☆☆☆  
1 2 3

Hitch & Go route

☆☆☆  
1 2 3

Defensive knowledge of zone defense: proper positioning and defensive coverage

☆☆☆  
1 2 3

Field goal defense

☆☆☆  
1 2 3

Kickoff/punt kicker introduction

☆☆☆  
1 2 3

field goal/2 point conversion

☆☆☆  
1 2 3

Advanced skill execution at top speed

☆☆☆  
1 2 3

Ability to make one handed catches

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

Quarterback able to pass accurately under pressure

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1 2 3

Quarterback able to pass accurately under pressure

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

Advanced knowledge of defensive strategies: zone+man defense

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1 2 3

Advanced knowledge of defensive strategies: zone man defense

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

☆☆☆ Proficient

☆☆☆ Good

☆☆☆ Excellent

# DANCE



## POSITION OF THE ARMS

1st, 2nd Position of the arms

☆☆☆  
1 2 3

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

☆☆☆  
1 2 3

## MOVEMENTS OF THE FEET/LEGS

Learning 1st, second and parallel

☆☆☆  
1 2 3

Learning 3rd, 4th and 5th position

☆☆☆  
1 2 3

## JUMPS

Jumping in Parallel

☆☆☆  
1 2 3

Jumping in 1st, 2nd and 4th

☆☆☆  
1 2 3

## PIROUETTES/TURNS

Chainés

☆☆☆  
1 2 3

Consecutive Chainés

☆☆☆  
1 2 3



Executing 5 Basic positions

☆☆☆  
1 2 3

5th Position port-de bras

☆☆☆  
1 2 3

Demi- Plié, Grande Plié

☆☆☆  
1 2 3

Learning, Tendu and dégagé

☆☆☆  
1 2 3

Jumps in 5th with changement

☆☆☆  
1 2 3

Echappé, Pas de Chat, ensemble

☆☆☆  
1 2 3

Piqué en tournant

☆☆☆  
1 2 3

Chainés and Piqué consecutive turns

☆☆☆  
1 2 3



Port de Bras in centre combination

☆☆☆  
1 2 3

1st, 2nd Position of arms Arabesque

☆☆☆  
1 2 3

Relévé, Retiré, Passe

☆☆☆  
1 2 3

Petit and Grand Battement

☆☆☆  
1 2 3

Petit Jeté, Basic Batterie, Glissade

☆☆☆  
1 2 3

Grand- Jeté and Entrachet, sissonne

☆☆☆  
1 2 3

Single Pirouette

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1 2 3

Multiple Pirouettes

☆☆☆  
1 2 3



3rd, 4th Position of arms Arabesque

☆☆☆  
1 2 3

Completing 1st, 2nd positions with leg in Arabesque

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1 2 3

Sous-sous in 5th position releve

☆☆☆  
1 2 3

Frappe devant and second, Fondue

☆☆☆  
1 2 3

Fouetté and Entrachet Quatre

☆☆☆  
1 2 3

Grand- Jeté en Tournant

☆☆☆  
1 2 3

Pirouette Fouetté

☆☆☆  
1 2 3

Pirouette à la second

☆☆☆  
1 2 3



Completing 3rd, 4th positions with leg in Arabesque

☆☆☆  
1 2 3

Variations of port-de bra in centre

☆☆☆  
1 2 3

Frappe en croix

☆☆☆  
1 2 3

Frappe en fondue

☆☆☆  
1 2 3

Single Tour en l'air

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1 2 3

Double Tour en l'air

☆☆☆  
1 2 3

Promenade en passé

☆☆☆  
1 2 3

Promenade en arabesque

☆☆☆  
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP



# TAC SPORTS STAR DEVELOPMENT SYSTEM

**DEVELOPMENT PROGRAMS**

**SPORTS CAMPS**

**ACADEMY TEAMS**

**LUNCH & AFTERSCHOOL PROGRAMS**

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## **THANK YOU TO OUR CONTRIBUTORS**

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**Locations Across the GTA**