



GRADE PLAYER GUIDELINES



Pre K & Kindergarten

1. A lot of breaks for water
2. Easy fatigue, so need more breaks
3. Keep instructions simple and clear
4. Enthusiasm and praise
5. **Fun is important**

1st and 2nd grades

1. Easy fatigue, so need more breaks
2. Keep instructions simple and clear
3. Need generous praise, play without pressure
4. They want everybody to like them
5. **Fun is important**

3rd & 4th grades

1. Boys and girls develop separately
2. Differences in size
3. Lengthened attention span and can understand more
4. Becoming more responsible
5. Need positive reinforcement
6. **Fun is important**

5th – 8th grades

1. Strength starting to show (puberty – especially in girls)
2. Still differences in size
3. More injuries, good warm-up is important
4. Ability to play longer
5. Understand coaching suggestions easier (make it harder)
6. Being popular and impressing friends is important
7. **Fun is important**