

## What do players learn in level 1?

Everybody on the Court! In level 1 players will learn to:

- Understand and use the proper fit of equipment before going on the court
- Demonstrate a Basic Forehand Grip
- Demonstrate a Basic Backhand Grip
- Perform a Basic Forehand Stroke
- Perform a Basic Backhand Stroke
- Execute a Drop and Hit, Forehand, Down-The-Line shot with two ball bounces before the back wall with increasing consistency
- Execute Drop and Hit, Backhand, Down-The-Line shot with two ball bounces before the back wall



## Who works with players in level 1?

Racquetball Canada's certified Competition–Introduction or Trained Community-Initiation Coaches, will guide your child through Level 1 with thoroughness and structure but keeping the main emphasis on fun! Level 1 is about developing fundamental sport skills in a fun and positive learning environment. Coaches will do their best to accommodate the need of players regardless of previous racquetball experience.

## How will each player be evaluated in level 1?

Racquetball Canada's certified Competition–Introduction or Trained Community-Initiation Coaches, have carefully defined performance criteria for evaluating players. When a coach feels that an evaluation is appropriate, an easy to follow report card will be used. The goal is to move to Level 2, but improvement, fun and developing an enjoyment of the game are just as important. If a player needs more than one try at being evaluated, they will still get positive feedback and reinforcement on what they

did well and what could be improved. Racquetball Canada and its instructors are very sensitive and encouraging to the needs of players at this level.

## Practice, Practice, Practice!

Got a spare minute? Jump on the court and hit the ball, bounce the ball with your racquet on to the floor or in the air. Practice bouncing and catching the ball. There is no limit to the things you can do with your racquet and ball on or off the court.

Of course, remember to always be safe and respectful by wearing your eye guards, keeping a safe distance from walls, people or anything else that may cause you or someone else harm. Have fun and play safe!

## What to expect in the next level:

- Learn the lines of the court
- Execute multiple shots from a drop and hit
- Learn and execute a basic serve

