



## What do players learn in level 2?

Hit the Targets! In level 2 players will learn to:

- Execute a Drop and Hit, Forehand, Down-The-Line Pass shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Backhand, Down-The-Line Pass shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Forehand, Cross Court Pass shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Backhand, Cross Court Pass shot from the respective positions as outlined in the report card
- Perform proper “J” footwork patterns on the court, whether going to hit the ball or returning back to centre court from the respective positions as outlined in the report card
- Be able to find, understand and use the evacuation plan of a facility
- Understand the lines on the court

## Who works with players in level 2?

Racquetball Canada’s certified Competition–Introduction Coaches or Trained Community-Initiation Coaches , will guide your child through Level 2 with thoroughness and structure but keeping the main emphasis on fun, exploration and development. Level 2 is about developing fundamental sport skills in a fun and positive learning environment. Players will work with their coaches on hitting the ball with ease and consistency while learning new types of shots.

## How will each player be evaluated in level 2?

Racquetball Canada’s certified Competition–Introduction Coaches or 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 3, 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 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 tip

When learning new shots, put targets on the court to help you aim. This way you can train your self to make the appropriate adjustments you need. To make sure you are setting up your targets in the proper spot, ask your coach or refer to the appropriate diagrams. But remember, the better technique you have the easier it will be to hit the target.

## What to expect in the next level:

- Hit and react to the ball when it is moving
- Perform kill shots
- How to execute a basic lob and drive serve

