



## What do players learn in level 4?

Almost There! In level 4 players will learn to:

- Execute a Self or Partner Feed, Forehand, Pinch shot from the respective positions as outlined in the report card
- Execute a Self or Partner Feed, Backhand, Pinch shot from the respective positions as outlined in the report card
- Execute Drop and Hit, Forehand, Ceiling Ball shot from the respective positions as outlined in the report card
- Execute Drop and Hit, Backhand, Ceiling Ball shot from the respective positions as outlined in the report card
- Execute Continuous, Forehand, Ceiling Ball shot from the back position
- Execute Continuous, Backhand, Ceiling Ball shot from the back position
- Perform the 4 basic types (half, straight, "kiss", "z") of Lob Serves to both sides of the court
- Perform the 3 basic types (straight, "z", jam) of Drive Serves to both sides of the court
- Understand and be able to execute a variety of shots as a serve return
- Become a certified Tech A Referee

## Who works with players in level 4?

Racquetball Canada's certified Competition–Introduction Coaches or Trained Community-Initiation Coaches, will guide your child through Level 4 with thoroughness and structure but keeping the main emphasis on fun and development. Level 4 is about developing overall 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 to execute different types of shots and serves from different circumstances while keeping with solid form.



## How will each player be evaluated in level 4?

Racquetball Canada's certified Competition – Introduction 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 complete Level 4, 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.



## Now what???

Now you are competent at the basic skills of racquetball. You may want to learn more, or simply continue with what you have learned. In terms of the LTAD, you can either advance to Stage 4 Training to Train or you can go to Stage 8 called Active for Life. In Stage 4 you will explore the sport from a high performance perspective. In Stage 8 the focus is on being active and participating in all aspects of your sport. Either way we at Racquetball Canada congratulate you for completing the 4 levels and hope you continue to enjoy racquetball in the future!

