



Racquetball Canada Skills Development Program

Report Cards





Racquetball Canada Skills Development Program

REPORT CARD

Proper Fit and Use of Equipment

<u>Key Performance Indicators/Factors</u>	<u>Checklist</u>
- Eyeguards	<input type="checkbox"/>
- Racquet size	<input type="checkbox"/>
- Grip Size	<input type="checkbox"/>
- Wrist tether	<input type="checkbox"/>
- Athletic apparel	<input type="checkbox"/>
- Clean non marking court shoes	<input type="checkbox"/>

(0 - 5 check marks) → needs improvement = 0
 (6 check marks) → meets the minimum standards = 1
 (6 check marks) → advanced = 2

- Overall Fit and Use of Equipment 0 1 2

Forehand Grip

<u>Key Performance Indicators/Factors</u>	<u>Checklist</u>
- Butt of racquet rests in heel of hand	<input type="checkbox"/>
- Thumb and forefinger form a "V" centred with the middle of the racquet handle (basic hand-shake grip)	<input type="checkbox"/>
- Racquet is turned 1/4" to the left for RH players	<input type="checkbox"/>
- Fingers wrap around with a relaxed grip	<input type="checkbox"/>
- The index finger forms a "pistol" like appearance and slightly extended from the third finger but still wrapped around the grip	<input type="checkbox"/>

(0 - 4 check marks) → needs improvement = 0
 (5 check marks) → meets the minimum standards = 1
 (5 check marks) → advanced = 2

- Overall Fit and Use of Equipment 0 1 2

Backhand Grip

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- Fingers wrap around with a relaxed grip	<input type="checkbox"/>
- The index finger forms a "pistol" like appearance and slightly extended from the third finger but still wrapped around the grip	<input type="checkbox"/>

(0 - 4 check marks) → needs improvement = 0
 (5 check marks) → meets the minimum standards = 1
 (5 check marks) → advanced = 2

- Overall Fit and Use of Equipment 0 1 2

Forehand Stroke

<u>Key Performance Indicators/Factors</u>	<u>Checklist</u>
- Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)	<input type="checkbox"/>
- Racquet in set position with elbow above shoulder with wrist cocked	<input type="checkbox"/>
- Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back leg's toe could form a straight line	<input type="checkbox"/>
- Rotate upper body through entire stroke by allowing the elbow to drop, then leading with the elbow in coordination with the back knee	<input type="checkbox"/>
- Extend racquet arm to have a front foot contact point	<input type="checkbox"/>
- Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball	<input type="checkbox"/>
- Finish the swing with a follow-through that snaps around to opposite elbow while back foot pivots for maximum rotation	<input type="checkbox"/>

(0 - 6 check marks) → needs improvement = 0
 (7 check marks) → meets the minimum standards = 1
 (7 check marks) → advanced = 2

- Overall Fit and Use of Equipment 0 1 2



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Backhand Stroke

<u>Key Performance Indicators/Factors</u>	<u>Checklist</u>
- Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)	<input type="checkbox"/>
- Racquet in set position with shoulders rotated and elbow at chest height with wrist cocked	<input type="checkbox"/>
- Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back leg's toe could form a straight line	<input type="checkbox"/>
- Lead by pulling elbow which allows shoulders to rotate and brings the wrist through the hitting zone all in coordination with the back knee bending	<input type="checkbox"/>
- Extend racquet arm to have a front foot contact point	<input type="checkbox"/>
- Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball	<input type="checkbox"/>
- Finish the swing with a complete follow-through that opens the chest while the back foot pivots for maximum rotation	<input type="checkbox"/>

(0 - 6 check marks)	→	needs improvement	= 0
(7 check marks)	→	meets the minimum standards	= 1
(7 check marks)	→	advanced	= 2

- Overall Fit and Use of Equipment **0 1 2**

Forehand Down The Line Pass Shot

<u>Key Performance Indicators/Factors</u>	<u>Checklist</u>
- From middle position in court (behind the encroachment line on the respective forehand side approximately 3 feet away from the side wall, drop and hit the ball in one bounce	<input type="checkbox"/>
- Using proper grip	<input type="checkbox"/>
- Using proper stroke	<input type="checkbox"/>
- The ball bounces two times before the back wall	<input type="checkbox"/>
- Complete 5 successful shots in 30 attempts or less	<input type="checkbox"/>

(0 - 3 check marks)	→	needs improvement	= 0
(4 check marks)	→	meets the minimum standards	= 1
(5 check marks)	→	advanced	= 2

- Overall Fit and Use of Equipment **0 1 2**

Once a player has reach at least the minimum standard for all seven skills they may proceed to level 2. Any additional comments:

Backhand Down The Line Pass Shot

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- From middle position in court (behind the encroachment line on the respective forehand side approximately 3 feet away from the side wall, drop and hit the ball in one bounce	<input type="checkbox"/>
- Using proper grip	<input type="checkbox"/>
- Using proper stroke	<input type="checkbox"/>
- The ball bounces two times before the back wall	<input type="checkbox"/>
- Complete 5 successful shots in 30 attempts or less	<input type="checkbox"/>

(0 - 3 check marks)	→	needs improvement	= 0
(4 check marks)	→	meets the minimum standards	= 1
(5 check marks)	→	advanced	= 2

- Overall Fit and Use of Equipment **0 1 2**