



Racquetball Canada Skills Development Program

What do players learn in level 3?

Keep Going! In level 3 players will learn to:

- Be able to properly referee a game during a practice session
- Execute a Self or Partner Feed, Forehand, Down-The-Line Pass shot from the respective positions as outlined in the report card
- Execute a Self or Partner Feed, Backhand, Down-The-Line Pass shot from the respective positions as outlined in the report card
- Execute a Self or Partner Feed, Forehand, Cross Court Pass shot from the respective positions as outlined in the report card



- Execute a Self or Partner Feed, Backhand, Cross Court Pass shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Forehand, Down-The-Line Kill shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Backhand, Down-The-Line Kill shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Forehand, Pinch shot from the respective positions as outlined in the report card
- Execute a Drop and Hit, Backhand, Pinch shot from the respective positions as outlined in the report card
- Perform a basic Lob Serve to both sides of the court
- Perform a basic Drive Serve to both sides of the court

Who works with players in level 3?

Racquetball Canada's certified Competition-Introduction Coaches or Trained Community-Initiation, will guide your child through Level 3 with thoroughness and structure but keeping the main emphasis on fun and development. Level 3 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 new types shots and serves.

How will each player be evaluated in level 3?

Racquetball Canada's certified Competition-Introduction Coaches or Trained Community-Initiation, 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 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 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.

Get some games in!

Try working on different shots and serves by playing a game. For example, a two or three shot rally, to work on serves, serve return and skills during the rally. Mix it up and have fun incorporating the use of keeping score in improving your skills.

What to expect in the next level:

- Learn how to hit a ceiling ball
- Be able to execute 4 basic lob serves
- Perform 3 basic drive serves

