

## Overview

The Racquetball Canada Athlete Development Matrix provides a foundation and structure for the creation and review of athlete and sport development programs. The matrix was developed through the review of the skill set of an idea racquetball player with careful consideration given to the gaps that exist in the Canadian system. The document that follows should serve as an aid to Racquetball Canada in the review of training and competition systems as well as testing protocols and screening practices.

Please note the following:

- The term Mastered in the document below means the player can do the skill consistently under pressure (on command)
- The L2W (Learn to Win) stage is focused on developing the skill set to excel in Canada
- The T2W (Train to Win) state is focused on developing the skill set to excel internationally
- The skill sets between L2W and T2W are different

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## Physiological Attributes Matrix

<b>STRENGTH</b>	<b>L2T</b>	<b>T2T</b>	<b>T2C</b>	<b>L2W</b>	<b>T2W</b>
Strength Endurance	Low	Moderate	High	High	Maintain
Power	Low	Moderate	High	High	Maintain
Dynamic/Speed Strength	Low (can train the skill at this stage – working on speed of movement only – no loading)	Moderate	High	High	Maintain/Refine
Torque	Low (can train the skill at this stage – working on speed of movement only – light or no loading – light med or swiss ball)	Moderate	High	High	Maintain
Explosive Acceleration	Low	Moderate	High	High	Maintain/Refine
<b>SPEED</b>	<b>L2T</b>	<b>T2T</b>	<b>T2C</b>	<b>L2W</b>	<b>T2W</b>
Hand* and Foot speed	High	High	Moderate	Moderate	Maintain/Refine
Whole Body Movement	Moderate	High	High	Moderate	Maintain /Refine
Agility (changing direction)	High	High	High	Moderate	Moderate/Refine

\*Moving from forehand to backhand – quick manipulation of the racquet to make a shot; Ability to marry speed and strength with accuracy is key

<b>STAMINA</b>	<b>L2T</b>	<b>T2T</b>	<b>T2C</b>	<b>L2W</b>	<b>T2W</b>
Anaerobic Alactic	Moderate	Moderate/High	High	Maintain/Refine	Maintain/Refine
Anaerobic Lactic	Moderate	Moderate/High	High	Maintain/Refine	Maintain/Refine
Aerobic	Moderate	High	High	Maintain/Refine	Maintain/Refine
<b>FLEXIBILITY/ ROM</b>	<b>L2T</b>	<b>T2T</b>	<b>T2C</b>	<b>L2W</b>	<b>T2W</b>
Trunk Rotation	High	High	Moderate	Maintain/Refine	Maintain/Refine
Lower Back ROM	High	High	Moderate	Maintain/Refine	Maintain/Refine
Hip ROM	High	High	Moderate	Maintain/Refine	Maintain/Refine
Shoulder ROM	High	High	Moderate	Maintain/Refine	Maintain/Refine
Hamstring ROM	High	High	Moderate	Maintain/Refine	Maintain/Refine
Wrist ROM	High	High	Moderate	Maintain/Refine	Maintain/Refine

## Technical Skills Matrix

SKILL	L2T	T2T	T2C	L2W	T2W
<b>BASIC SKILLS</b>					
Forehand	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Backhand	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
<b>OFFENSIVE SHOTS</b>					
Kill Shots		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
Passing Shots	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Pinch Shots		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
Splat Shot			Introduce & Develop	Refine & Mastered*	Maintain & Adjust
Side-Side-Front			Introduce & Develop	Refine & Mastered*	Maintain & Adjust
<b>DEFENSIVE SHOTS</b>					
Ceiling Ball	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Back-Wall Shot		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
Diving Shot			Introduce & Develop	Refine & Mastered*	Maintain & Adjust
Z Balls		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
<b>SERVING</b>					
Drive Serve		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
Lob Serve	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Z Serve		Introduce	Develop & Refine	Mastered* & Adjust	Maintain & Adjust
Half-Lob Serve	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Jam Serve			Introduce & Develop	Refine & Mastered*	Maintain & Adjust
<b>TRANSITION</b>					
Move to Centre Court	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Tracking Ball and Opponent	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust
Footwork	Introduce	Develop	Refine	Mastered* & Adjust	Maintain & Adjust

## Tactical Skills Matrix

TACTIC	L2T	T2T	T2C	L2W	T2W
<b>Tactics 101</b>					
Control centre court - (i.e., footwork - back pedal, forward run, side shuffle)	Introduce & Develop	Refine	Master, Maintain & Adjust		
Hit ball away from opponent					
Serve to back corners					
Watch the ball					
<b>Tactics 201</b>					
When opponent front court, hit pass shot		Introduce & Develop	Refine	Master, Maintain & Adjust	
When opponent in back court, hit pinch shot					
Serve variety to identify weak returns					
In doubles, use of wide angle and pinch shots					
All back wall sets ups are kills shots (offensive opportunities)					
Effective use of time outs					
<b>Tactics 301</b>					
Self assessment of skills / preferences		Introduce	Develop	Refine and Master	Maintain & Adjust
Assessment of opponent skills / preferences		Introduce	Develop	Refine and Master	Maintain & Adjust
Effective use of coaching		Introduce	Develop	Refine and Master	Maintain & Adjust
Wider variety of serve		Introduce	Develop	Refine and Master	Maintain & Adjust
Effective use of splat, boast, volley and overhead shots			Introduce & Develop	Refine and Master	Maintain & Adjust
Adapt to varying game conditions (e.g., altitude, ball, heat, walls, etc.)			Introduce & Develop	Refine and Master	Maintain & Adjust
In doubles, jam serve - especially where to hit it into the side wall - early (around dashed line) v late (close to the back wall)			Introduce & Develop	Refine and Master	Maintain & Adjust

## Psychological Skills Matrix and Life Skills Matrix

The Psychological Skills and Life Skills Matrices have been adopted from the generic material created by Canadian Sport for Life. These matrices represent a menu of psychological and life skills that should be considered as a coach supports the development of an athlete through their long-term development. All of these elements are important; however, their relative importance to a specific program and their ability to be developed will depend largely on the context, nature and goal of the program as well as the expertise of the coach. Racquetball Canada recommends that coaches be aware of the element listed in these matrices and that an effort is made to develop the skills that are essential to the athletes based on their stage of development and the type of program they are in. If needed, resources and links to experts who can guide the development of skills in these areas are available from Racquetball Canada by emailing the national office at [execdirector@racquetballcanaada.ca](mailto:execdirector@racquetballcanaada.ca)

### Psychological Skills Matrix

NOTE: The development in this area will begin in other programs and other parts of the athlete's life and then the Racquetball coach will continue to work with the athlete in these areas as they develop in the sport (because Racquetball programming does not typically begin until Learn to Train).

Psychological Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Positive Attitude	To Physical Activity	Develop, Refine & Master	Refine & Master	Master	Master	Maintain & Adjust
	To Sport	Develop, Refine & Master	Refine & Master	Master	Master	Maintain & Adjust
	To Training	Introduce, Develop & Refine	Develop & Refine	Master	Master	Maintain & Adjust
	Attitude as a Choice	Introduce, Develop & Refine	Develop & Refine	Master	Master	Maintain & Adjust
	Dealing with Setbacks	Develop & Refine	Develop & Refine	Master	Master	Maintain & Adjust
	Retirement	N/A	N/A	Introduce when needed		

Psychological Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Motivation	Mastery	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
	Membership	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
	Meaning	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
Goal Setting	Guided	Develop & Refine	Develop & Refine	Refine & Master	Master	Maintain & Adjust
	Self-Initiated	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
	SMART Goals	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
Specific Skills	Positive Self Talk	Introduce & Develop	Develop & Refine	Master	Master	Maintain & Adjust
	Visualization	Introduce & Develop	Develop & Refine	Master	Master	Maintain & Adjust
Anxiety Reduction	Environment	Introduce & Develop	Develop & Refine	Master	Master	Maintain & Adjust
	Progressive Relaxation	Introduce & Develop	Develop & Refine	Master	Master	Maintain & Adjust
	Meditation		Introduce & Develop	Develop & Refine	Master	Maintain & Adjust
Emotional Control	Own Emotions	Introduce & Develop	Develop & Refine	Master	Master	Maintain & Adjust
	Other's Emotions	Introduce	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust

Psychological Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Attention/Focus	Attention Span	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Narrow Focus	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Broad Focus	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Alternating Focus	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
Reducing Errors	Error Correction	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Error Avoidance	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Ideal Performance State	Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
Perceptual Cognitive	Visual Perception	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
	Decision Making	Introduce & Develop	Develop & Refine	Refine & Master	Master	Maintain & Adjust
Mental Health	Awareness	Introduce	Maintain	Maintain	Maintain	Maintain
	Accessing Support			Introduce	Maintain	Maintain
	Giving Support		Introduce	Maintain	Maintain	Maintain
	Tools		Introduce	Maintain	Maintain	Maintain



## Life Skills Matrix

NOTE: The development in this area will begin in other programs and other parts of the athlete's life and then the Racquetball coach will continue to work with the athlete in these areas as they develop in the sport (because Racquetball programming does not typically begin until Learn to Train).

Life Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Personal Attributes	Develop Autonomy	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Self-esteem	Develop & Refine	Refine	Master	Maintain & Adjust	Maintain & Adjust
	Team Member	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Conflict Reduction	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Leadership skills	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Establish Sport Role	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Diversity	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Coping with Setbacks	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
Moral Development	Understand Rules	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Doing What is Right	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Link Action-Consequences	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Develop Empathy	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Make Ethical Decisions	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust

Life Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Relationships	With Adults	Introduce & Develop	Develop, Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	With Teammates	Introduce & Develop	Develop, Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Romantic	Introduce & Develop	Develop, Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	With coaches (personal and national team)			Introduce & Develop	Refine	Master, Maintain & Adjust
	Outside of Sport	Introduce & Develop	Develop, Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
Career in Sport	Career Planning	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Mentorship	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Planning	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Training Environment	Refine	Refine	Refine	Refine	Refine
	Sport (Work)-Life Blend			Introduce	Develop	Refine & Master
	Recovery (daily, post event and between seasons)			Introduce	Develop	Refine & Master

Life Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Travel	Independent Travel	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Travel Preparation	Introduce & Develop	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust
	Jetlag		Introduce	Develop	Refine & Master	Master, Maintain & Adjust
	Cultural Awareness		Introduce	Develop	Refine & Master	Master, Maintain & Adjust
	Group Travel - roommates		Introduce	Develop	Refine & Master	Master, Maintain & Adjust
Life Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Protection	Vaccination	Maintain & Adjust	Maintain & Adjust	Maintain & Adjust	Maintain & Adjust	Maintain & Adjust
	Infection/Illness	Develop & Refine	Master	Maintain & Adjust	Maintain & Adjust	Maintain & Adjust
Media	Social Media	Develop & Refine	Refine & Master	Master	Maintain & Adjust	Maintain & Adjust
	Dealing with Media		Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust

Life Skill	Skill Breakdown	Learn to Train	Train to Train	Train to Compete	Train to Win	Win for a Living
Nutrition/Hydration	Basic Nutrition	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Cooking Skills	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Competition Nutrition	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Travel Nutrition	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Recovery Nutrition	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Hydration	Introduce & Develop	Develop & Refine	Refine & Master	Maintain & Adjust	Maintain & Adjust
	Nutrition Supplements		Introduce & Develop	Develop & Refine	Master	Maintain & Adjust
	Disordered Eating		Introduce & Develop	Develop & Refine	Master	Maintain & Adjust
Other Concerns	Doping/Control		Introduce & Develop	Develop & Refine	Master	Maintain & Adjust