



THE LEVELS

The Badge Program teaches racquetball techniques, using progressions that develop skills gradually. Each of the **10 levels** of the Badge Program builds on the skills learned in the previous level. Once an athlete has demonstrated the skills at their level, they will earn a badge and be ready for the challenges of the next skill level.

LEVEL

1

- Able to drop and hit a forehand 6/10 times.
- Able to hit a legal serve 6/10 times.
- Able to hit a forehand coming off the back wall 6/10 times.



LEVEL

6

- Able to perform a 10 shot ceiling ball rally.
- Able to hit a drop and hit down the line, cross court, and pinch below the 1-foot line 6/10 times.
- Able to hit a down the line and cross court below the 3-foot line off a set up 6/10 times.
- Able to hit an effective lob and lob z serve 6/10 times.

LEVEL

2

- Able to explain the rules of multi-bounce.
- Able to explain a down the line, cross court, and pinch shot.
- Able to drop and hit a backhand 6/10 times.
- Able to hit a lob and drive serve 6/10 times.

LEVEL

7

- Able to perform a 20 shot ceiling ball rally.
- Able to drop and hit a splat and wide angle 6/10 times.
- Able to hit a down the line and cross court below the 3-foot line off a back wall set up 6/10 times.
- Able to hit an effective drive and drive z serve 6/10 times.



LEVEL

3

- Able to perform the star drill.
- Able to drop and hit down the line and cross court 6/10 times.
- Able to drop and hit a ceiling ball 6/10 times.
- Able to hit a lob and drive serve to both sides of the court 6/10 times.

LEVEL

8

- Able to hit a splat and wide angle off a set up 6/10 times.
- Able to short-hop a lob serve below the 3-foot line 6/10 times.
- Able to hit a kiss lob, jam drive, and wrap around drive serve 6/10 times.
- Able to hit a down the line and cross court below the 3-foot line off a short ceiling ball set up 6/10 times.

LEVEL

4

- Able to drop and hit down the line and cross court below the 3-foot line 6/10 times.
- Able to hit a shot off a back wall set up 6/10 times.
- Able to hit a ceiling ball return off a lob serve 6/10 times.



LEVEL

9

- Able to hit a down the line and cross court below the 3-foot line off a long ceiling ball set-up 6/10 times.
- Able to hit a down the line, cross court, and pinch below the 1-foot line off a back wall set-up 6/10 times.
- Able to short-hop a lob serve and hit a down the line and cross court below the 3-foot line 6/10 times.
- Able to perform a 10 shot ceiling ball rally using only forehands, and then using only backhands.

LEVEL

5

- Able to referee a match by completing Racquetball Canada's Level 1 Officials Training.
- Able to perform a 5 shot ceiling ball rally.
- Able to hit a down the line and cross court off a set up 6/10 times.
- Able to hit a drive z serve 6/10 times.

LEVEL

10

- Able to hit a down the line, cross court, and pinch below the 1-foot line off a long ceiling ball set-up 6/10 times.
- Able to hit a down the line, cross court, and pinch below the 1-foot line off a short ceiling ball set-up 6/10 times.
- Able to short-hop a lob serve and hit a down the line, cross court, and pinch below the 1-foot line 6/10 times.
- Able to short-hop a lob serve and hit a wide angle pass 6/10 times.

SIGN UP TODAY!