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HEVELS

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

 Able to drop and hit a forehand 6/10 times.

and pinch shot.

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

· Able to explain the rules of multi-bounce.

Able to explain a down the line, cross court,

• Able to drop and hit a backhand 6/10 times.

Able to hit a lob and drive serve 6/10 times.

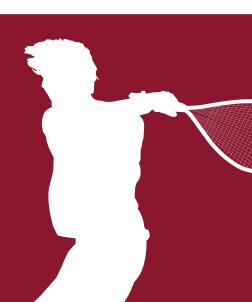
LEVEL

- 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



- LEVEL
- 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.





- 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

- 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.

- 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.



- 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.

- 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.



- 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!