



JUNIORS 101

Looking for an activity for youngsters that develops eye-hand coordination, agility, quickness, is a high calorie burner, and always lots of fun? Racquetball is your answer! Kids can quickly learn the rules and develop skills that will get them playing games in as little as two days. As a parent or teacher, you don't need to be an expert (or even know how to play yourself), because the Colorado Racquetball Association will help you get started.

Remember when you were in karate and earned a yellow or orange belt? Or maybe you worked diligently to earn merit badges in Boy and Girl Scouts? Many successful youth programs offer advancement levels that embrace goal setting and celebrate achievement. It works for racquetball too.

CRA's junior program depends on enthusiasts and supporters at local clubs who are willing to help develop players from beginner through advanced levels. We also want the juniors themselves to take an active role in getting their friends to try the sport, and hopefully continue their training. This program asks juniors to bring friends to the club in order to advance past a certain level, then mentor younger, less experienced players. We all know from experience that youngsters associate better with peers.

Our progression framework presumes that players will attend a beginners camp, pass certain level tests for hitting, movement, and rules, and finally, participate in activities that support their local clubs. Camps and multi-week classes will provide instruction and practice, while allowing more experienced players to assist and mentor younger players. Hitting

and movement tests give each player an opportunity to showcase the skills they have developed during structured classes and practice times. The tests contained here incorporate age and skill appropriate requirements that are challenging, but achievable.

Finally, each player is expected to take part in fundraisers and contribute to the development of local programs by being visible at events and bringing in new players. It sounds like a lot, but taken in manageable steps, youth are quite capable of rising to the challenge. It's our job to provide a safe environment – and let them fly!

One of the obstacles of a program that operates across multiple locations is consistency. We want each junior to have the same opportunities and the same requirements. The CRA can offer assistance in the form of instruction, drills, and testing standards. We hope that nominal fees would cover any equipment expense and instruction time by a local coach/coordinator, but we're also willing to buy into the success of your program directly.

Clubs that work through the CRA with this outlined junior's program will be eligible for assistance,

including matching funds and donated equipment, limited only by our budget and inventory. If we have something you need, we're willing to share.

Most importantly, we see the CRA as a reliable means to assure the advancement of new young players and to celebrate their achievement along the way. We'll generate branded recognitions that will allow each player to showcase their progress at each level.

So what's next? You. Whether you're a supportive parent helping your youngster explore new sports ... a teacher with a PE class to manage ... a club pro ... or a long-time racquetball player with solid skills ... we need your time, talent and enthusiasm!

Volunteer to coordinate or assist a program at your local club. It can be one of the most rewarding ways to share the passion that drives us all to play this game – so why not pass that along to the next generation? We want to see a dynamic, collaborative effort that works for our youth. It's an aggressive plan, but achievable with your help. Start using these tools today and let us know how we can help get your program up and running.

Knowledge Testing

Level 1

1. What are some things you can do to make sure you are safe on the court?
2. ____ True or False: The ball remains in play even when it is rolling and not bouncing.
3. ____ True or False: It is best to hit the ball when facing sideways with your feet pointing to the side walls.
4. ____ True or False: The ball should hit the front wall on the fly without hitting the floor.
5. ____ True or False: The ball can hit other walls while traveling to the front wall.

Level 2

1. ____ True or False: the ball must bounce before the server strikes the ball.
2. ____ True or False: the ball can hit any wall first on a serve.
3. Which line is the short line?
4. Which line is the receiving line?
5. ____ Can a served ball hit a side wall after the front wall?

Level 3 - Multiple Choice / Four things may occur on a serve:

A. Good Serve B. Fault Serve C. Loss of Serve D. Out serve

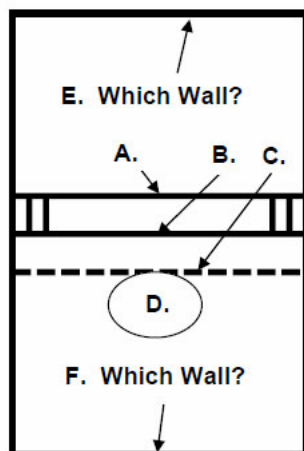
- ____ 1. On the serve the ball hits the back wall on the fly before touching the ground.
- ____ 2. The second serve the ball hits three walls on the fly before touching the ground.
- ____ 3. On the first serve the ball hits the floor before hitting the front wall.
- ____ 4. The serve hits the front wall, bounces in between the short line and the receiving line.
- ____ 5. The ball hits you (the server) coming off the front wall.
- ____ 6. The serve hits the ceiling, then the front wall.
- ____ 7. The serve hits the front wall, then the ceiling.
- ____ 8. On a lob serve the ball nicks the side wall and then lands on the floor in the right back corner.
- ____ 9. You serve the ball without checking the receiver, whose racquet was up in the air.
- ____ 10. You serve the ball and the receiver could not see it until it had passed you.

Level 3 - Court Markings

Court Markings-Place the letter next to the court marking

Level 4

Intermediate Testing
begins on pg. 10



- Front Wall _____ 1.
Back Wall _____ 2.
Receiving Line _____ 3.
Short Line _____ 4.
Center Court _____ 5.
Service Line _____ 6.

ANSWER KEY

Level 4

Matching

1. B
2. C
3. D
4. A
5. D/C
6. D
7. B
8. A
9. B
10. B

Multiple Choice

1. E
2. F
3. C
4. A
5. D
6. A

Court Markings

- A. Service Line
B. Short Line
C. Safety Line
D. Center Court
E. Front Wall
F. Back Wall
G. Doubles Box
H. Drive Serve Line

Level 3

Serving

1. B
2. C
3. D
4. A
5. D/C
6. D
7. B
8. A
9. B
10. B

Court Markings

1. E
2. F
3. C
4. B
5. D
6. A

Level 2

1. True
2. False

JUNIOR PROGRAM - PROGRESSION CHART

Novice / L1	Level 2	Level 3	Level 4	Level 5	Level 6
Participation in Beginner level camp - 6 weeks	Minimum 90 days as Novice	Minimum 120 days as Level 3	Minimum 120 days as Level 4	Minimum 120 days as Level 5	Minimum 180 days as Level 6
Pass basic rules test	Pass basic movement test	Participate in an intermediate/advanced junior camp	Mentor at least 1 novice / level 1 junior	Participate / assist coach in junior camp	Lead Junior's camp w/ assistance of instructor
	Document 15 training sessions	Pass intermediate movement test	Sponsor at least 1 junior to beginner camp	Sponsor at least 1 junior to beginner camp	Mentor at least 2 junior players
	Sponsor at least 1 junior to beginner camp	Pass intermediate rules assessment	Pass level 3 hitting test	Pass advanced movement test	Pass advanced level hitting test
	Participate in at least 1 local junior play date	Document 15 training sessions	Document 15 training sessions	Pass advanced rules assessment	Document 25 training sessions
	Pass basic hitting test	Referee at least 5 matches (1 with assessment)	Participate in at least 1 sanctioned tournament	Referee at least 5 matches (2 assessed - 1 w/line judges)	Participate in at least 2 sanctioned local tournaments
	Document 10 training sessions			Document 20 training sessions	Participate / coach in at least 1 junior play date
				Pass play certification from board of 3 instructors	Volunteer as assistant at CRA sanctioned tournament
					Pass play certification from board of 3 instructors

3. The solid line in the middle or the second solid line, or have them show you
4. The dotted line or have them show you
5. Yes

Level 1

1. Wear eyeguards, wear wristlace, do not swing when someone is in front of you, do not walk in front or be-

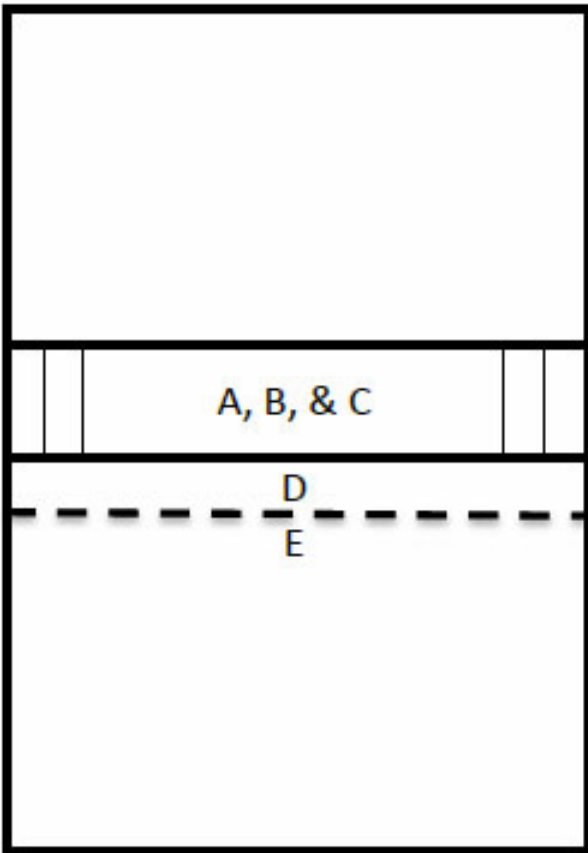
hind someone swinging, knock on the door before you enter to insure the person inside will not back into the door, do not hit balls around when there are more than two people on the court unless in a drill situation. (Have them explain at least the first two and add any more depending on age).

2. False
3. True
4. True
5. True

Hitting Practice & Tests

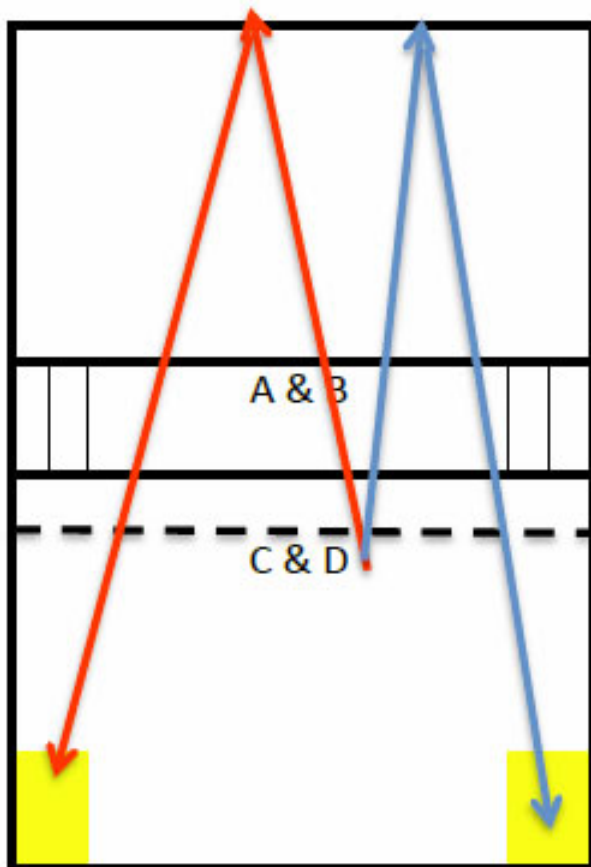
Hitting Test - Level 1

- A. Ups - Hit the ball up the number of your age while standing in the service box. Example: if 6yrs=6 hits, 10yrs=10 hits
- B. Downs- Hit the ball down consecutively the number of your age. You will need to stand in the service box.
- C. Drop Hit 3 out of 5 from the service box and hit the front wall
- D. Drop Hit 3 out of 5 from the safety line and hit the front wall
- E. Drop Hit 3 out of 5 from behind the safety line and hit the front wall

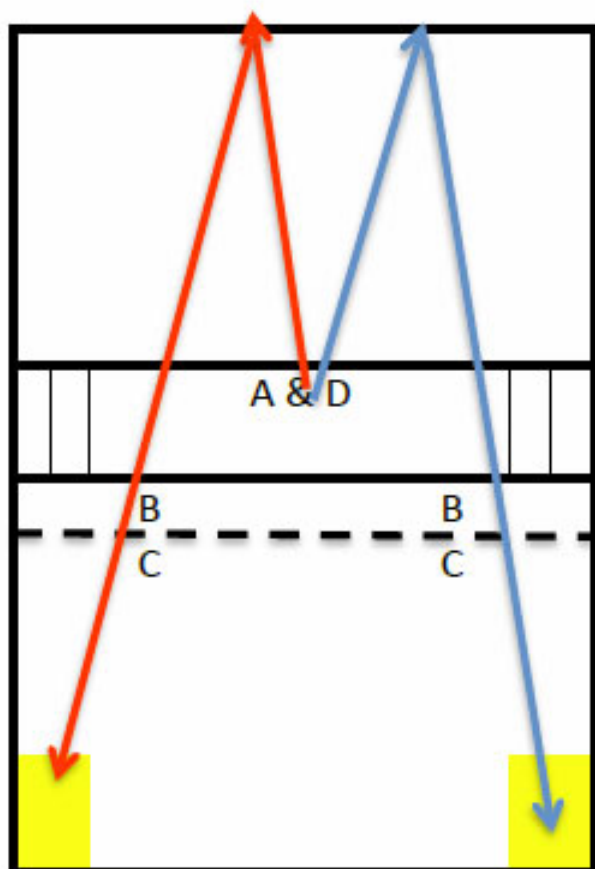


Hitting Test - Level 2

- A. Ups - Hit the ball up the number of your age while standing in the service box. Example: if 6yrs=6 hits, 10yrs=10 hits
- B. Downs- Hit the ball down consecutively the number of your age. You will need to stand in the service box.
- C. Forehand Drop Hits Down the Line with the ball landing in 10ft. square while standing in or near safety zone.
- D. Forehand Drop Hits Cross Court with the ball landing in 10ft. Square while standing in or near safety zone.



JUNIOR PROGRAM TESTS						
Tests	Novice / L1	Level 2	Level 3	Level 4	Level 5	Level 6
Ball Control	Ups, Downs	Ups, Downs	BH Drop Hits	Ceiling ball	Hitting off Backwall	Situation Hits
	Drop Hit	FH Drop Hit DL & CC	Serve to each corner	Z Serve	Jam Serve	Nick Serve
						Splat & Pinch
Footwork	Shuffle wall-wall	Shuffle wall-shortline	Ladder			Serve Series
		Ladder	Star			
		Star				
Knowledge	Oral Questions	Oral or written	Written			
Play	Multi-Bounce	2/3 Bounce rallies	2 Bounce on SR	Match play/Ref	Tournament/Leagues	CRA Certification
	10 sessions	15 sessions	15 sessions	15 sessions	15 sessions	20 sessions
<i>Legend</i>	<i>DL-Down the Line</i>	<i>SR-Serve Receive</i>	<i>CC-Cross Court</i>	<i>BH- Backhand</i>	<i>FH-Forehand</i>	



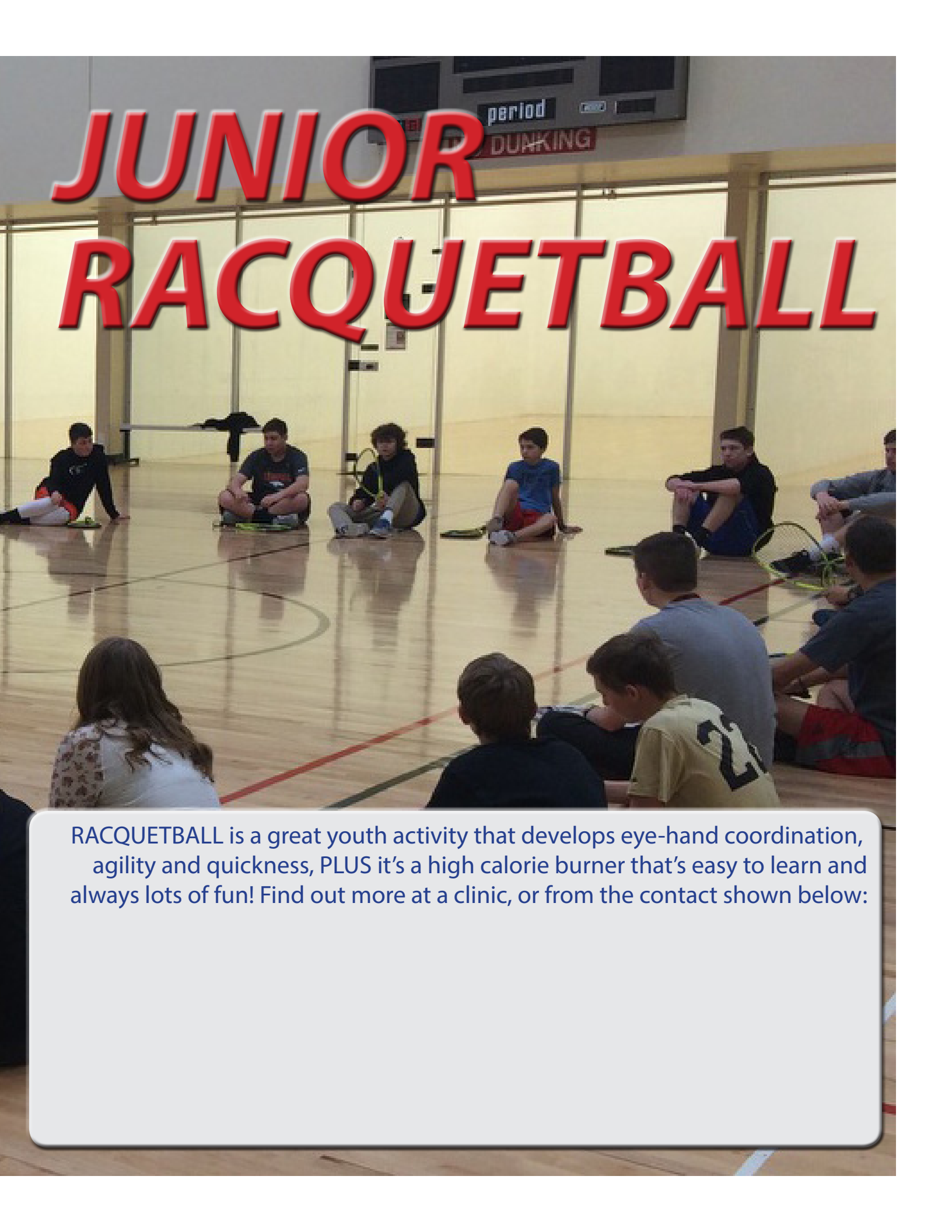
Hitting Test - Level 3

- Hitting 3/5 Forehands & backhands to the front wall while standing in the service zone
- Hitting 3/5 Forehands & backhands to front wall while standing behind short line (Keeping ball on side quadrant)
- Hitting 3/5 Forehands & backhands to front wall standing behind the safety line (Keeping ball on side quadrant)
- Serve 3/5 serves to each landing in 10ft Square

COLORADO RACQUETBALL ASSOCIATION

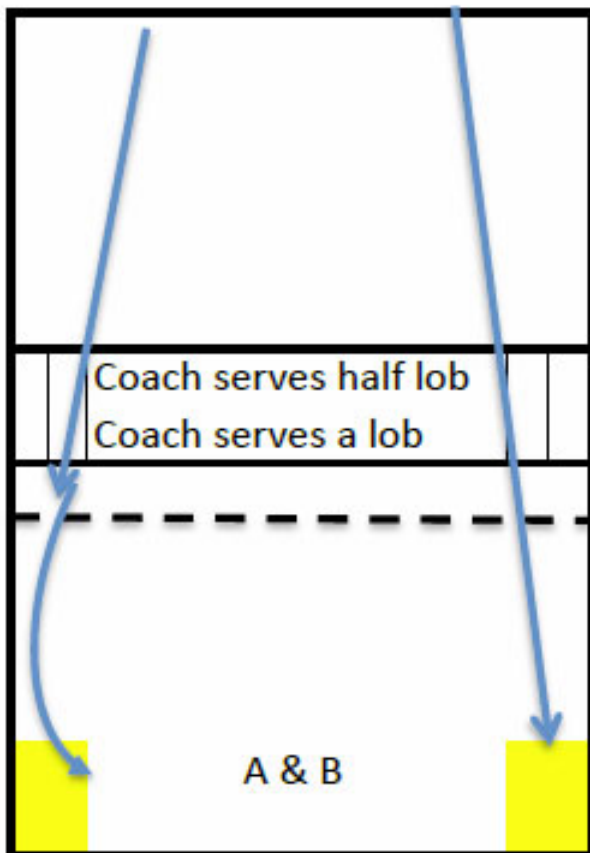
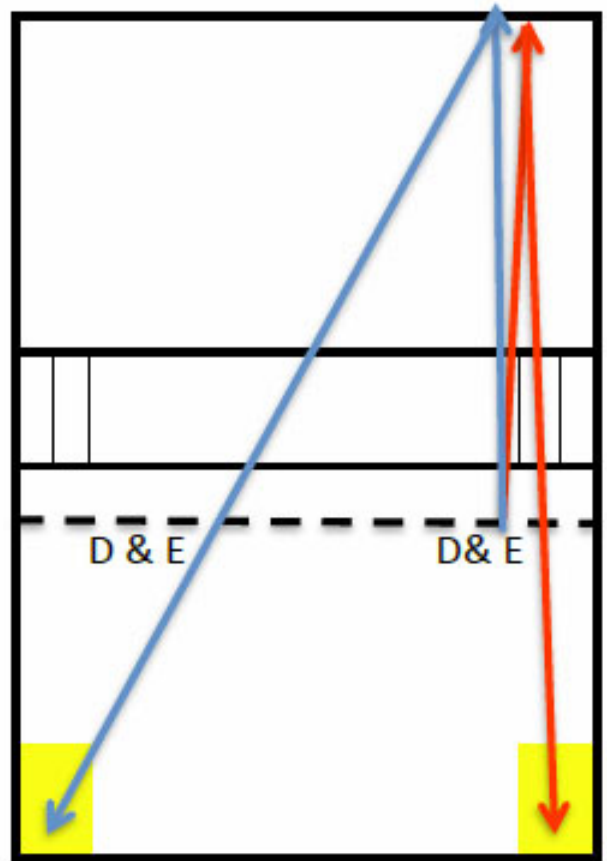
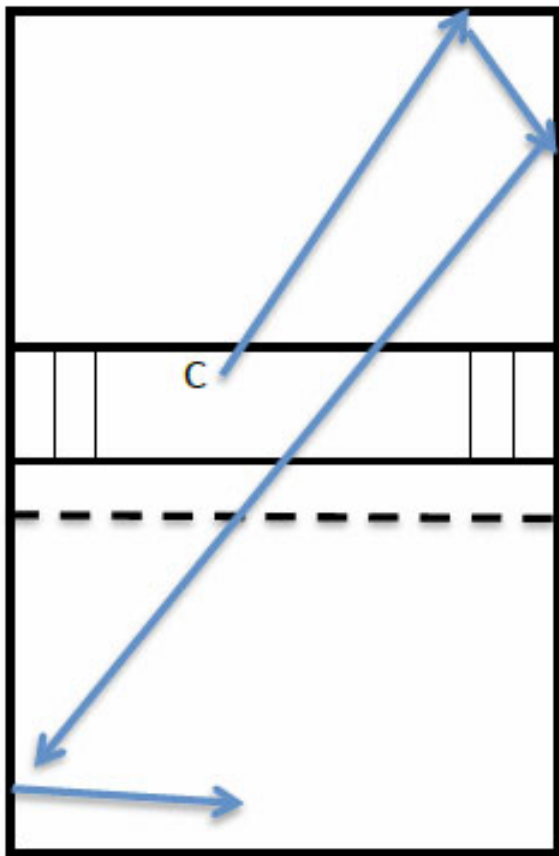


A group of high school students learn the basics at the Highlands Ranch Community Association facility at Northridge in Denver. Inset: Masters champion Shirley Parsons shares her love of the game whenever her grandchildren visit her in Rangely.



JUNIOR RACQUETBALL

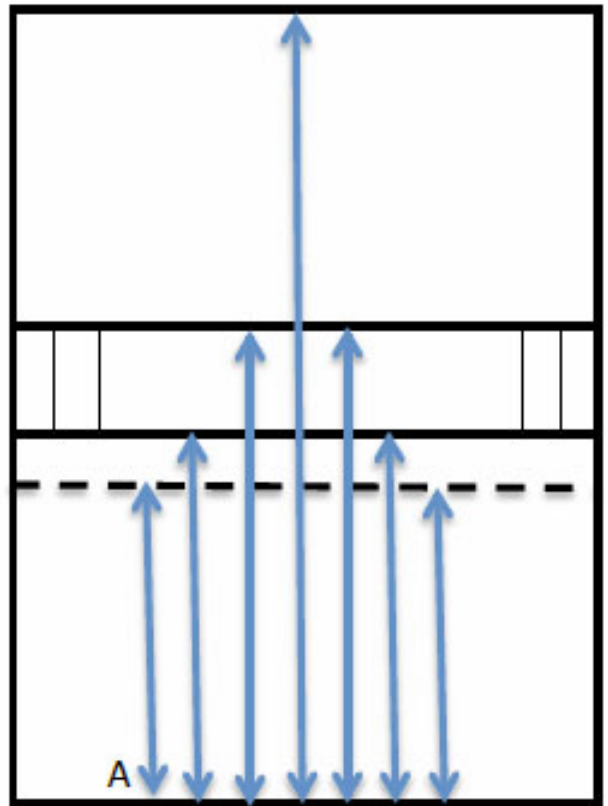
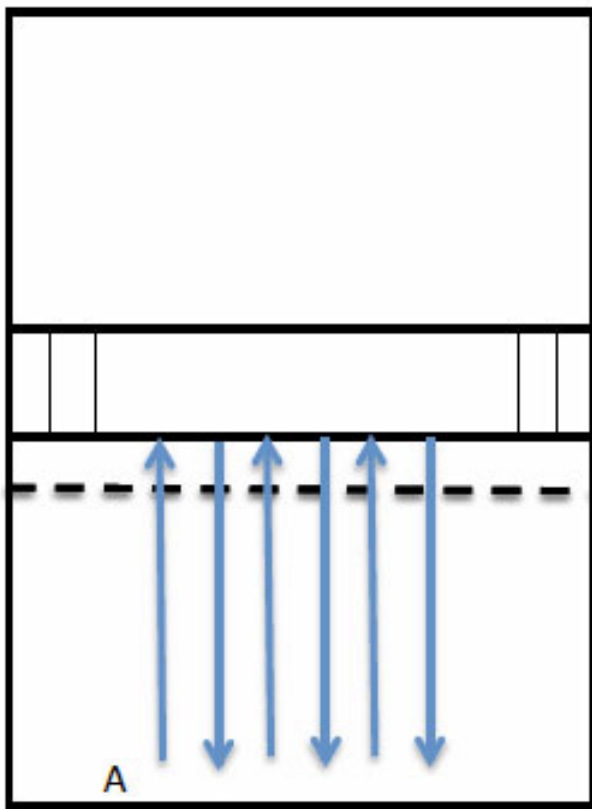
RACQUETBALL is a great youth activity that develops eye-hand coordination, agility and quickness, PLUS it's a high calorie burner that's easy to learn and always lots of fun! Find out more at a clinic, or from the contact shown below:



Hitting Test - Level 4

Diagrams placed clockwise, beginning lower left

- A Hit 3/5 ceiling forehand ceiling balls that land in the 10 ft. square.
- B Hit 3/5 ceiling backhand ceiling balls that land in the 10 ft. square.
- C Execute 3/5 Z serves that hit the side wall before the backwall.
- D Forehands & backhands Drop Hits Down the Line with the ball landing in 10ft. Square while standing in or near safety zone.
- E Forehands & backhands Drop Hits Corss Court with the ball landing in 10ft. Square while standing in or near safety zone.



Footwork Drills & Tests

Footwork Progression Testing

Diagrams placed clockwise, beginning above

Level 1

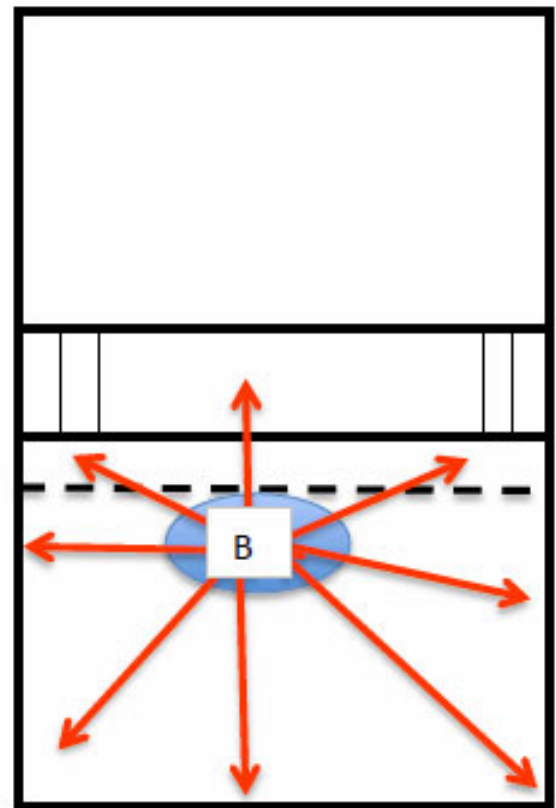
- A. SHUFFLE (above): staying low and keeping feet shoulder width apart, touch the front wall and finish touching back wall.

Level 2

- A SHUFFLE (above): to short line and back 3 times
- A LADDER (upper right): Sprint to each line and back and reverse to each line and back.
- B STAR (right): Start at center court and shuffle to each spot on the court returning to center court each time.

Level 3

Repeat Level 2 drills with increased difficulty by adding an agility ladder, agility ball, and taking a practice swing at each end point to show good racquet prep and finish.





Intermediate Racquetball Knowledge Test

Name: _____

Matching: Match column A with column B. All choices will not be used.

Column A

1. ____ If play is stopped because the opponent is in the way.
2. ____ A straight shot that travels along the side wall and bounces two times before the back wall.
3. ____ The middle line or the back edge of the service box.
4. ____ A ball hitting the floor before hitting the front wall.
5. ____ A defensive shot moving the opponent back.
6. ____ A missed serve that allows a second serve
7. ____ The most advantageous place to go position yourself when your opponent is hitting.
8. ____ The area between the two parallel solid lines.
9. ____ A ball hitting 3 inches or lower on the front wall.
10. ____ A defensive shot that moves your opponent out of center corner.

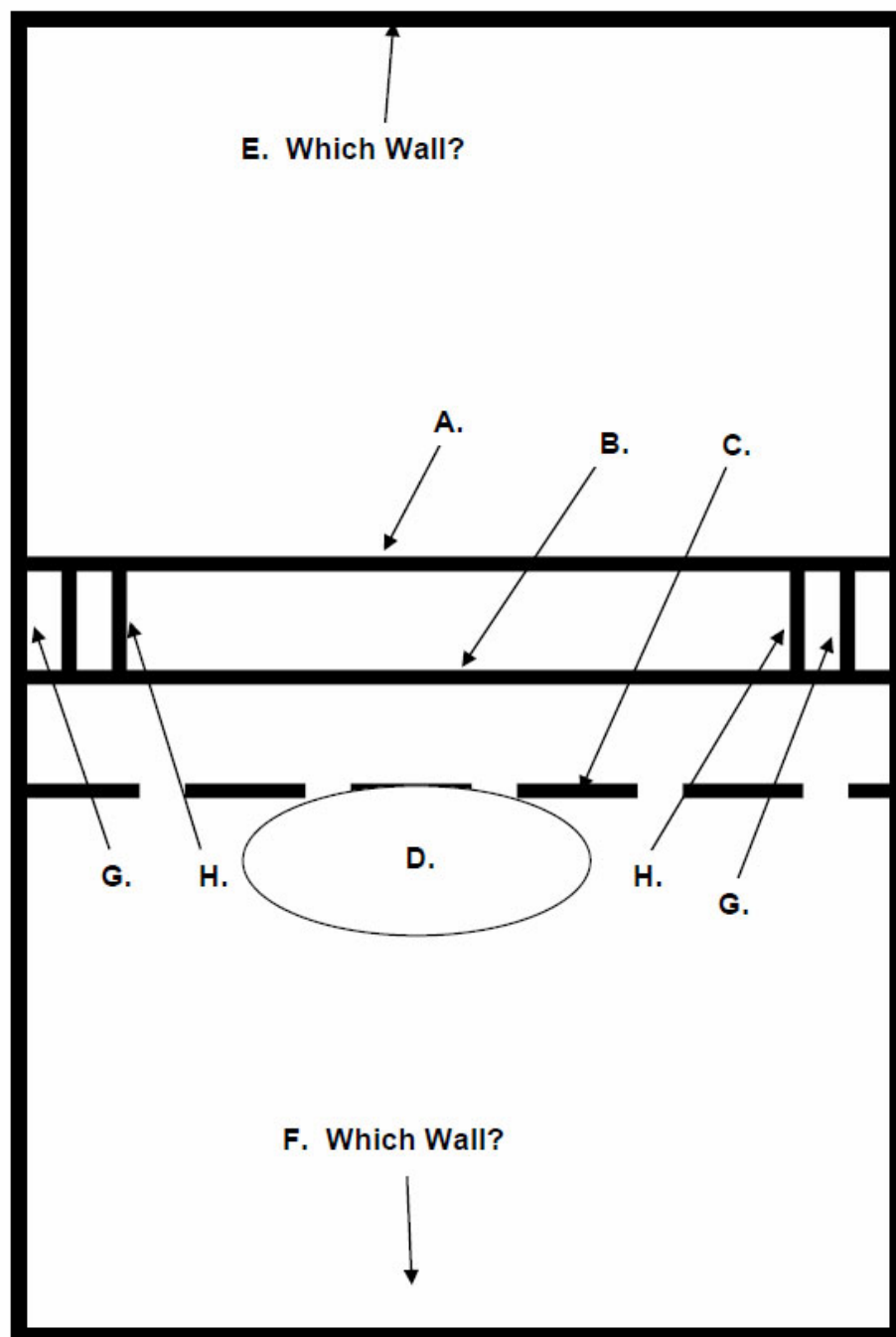
Column B

- A. Passing Shot
- B. Service Zone/Box
- C. Ceiling Ball
- D. Center Court
- E. Fault
- F. Eye Guards
- G. Hinder
- H. Skip
- I. Service Line
- J. Kill Shot
- K. Wrist Lace
- L. Pinch
- M. In & Out

Multiple Choice: Choose the best answer for the statement

1. ____ A long serve is: A. A fault B. An out serve
2. ____ A serve landing on the service line is: A. A fault B. An out serve
3. ____ Any ball rebounding off the front wall, preventing the receiver from having a clear view, results in:
A. No call, receiver is out of position B. Screen replay C. Point
4. ____ A served ball that hits the side wall first results in a: A. Fault B. Side out
5. ____ A serve hitting on the short line is a: A. Fault B. Side out C. Good serve
6. ____ A player is in front of you. You should: A. Change your shot B. Call a hinder
7. ____ To take control of center court it is best to hit: A. A passing shot B. A kill shot
8. ____ The forehand and backhand grips are the same? A. True B. False
9. ____ When hitting a forehand or backhand you should face the: .. A. Front wall B. Side wall
10. ____ Hitting a ball at the contact point your elbow should be: A. Straight B. Bent slightly

Court Markings: Label: Label the court markings in the space provided at the right hand side.



A.

B.

C.

D.

E.

F.

G.

H.

Acknowledgements | CRA Juniors 101 is a program of the Board of Directors of the Colorado Racquetball Association, with special thanks to contributors Dan Davis, Linda Mojer [editing & design by With Substance, Inc.], Marcia Richards and David Stone.

In addition, these volunteer coaches around the state are willing to share their personal guidance and best practices in developing successful programs: Dan Davis (Highlands Ranch Recreation Center), Earl Mosley (Littleton Family YMCA), Kim Pedrie (Colorado Springs) and Carol Pellowski (Western Slope / Grand Junction). Find an updated list with contact emails at ColoradoRacquetball.com > Programs > Juniors.

TRAINING SESSIONS LOG

	Novice / L1	Level 2	Level 3	Level 4	Level 5	Level 6
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12	Shirt					
13						
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