

# Skill Evaluation Sample

## Raquetball Skills Check-Off

Name:

Per:

**Serves-** Successfully executes each type

\_\_\_\_\_ Power/Drive Serve

\_\_\_\_\_ Z Serve

\_\_\_\_\_ Lob Serve

**Serves-** Successfully executes each type

\_\_\_\_\_ In "Ready Position" before each shot

\_\_\_\_\_ Moves feet to the ball to strike ball low

\_\_\_\_\_ Turns body to stand sideways to wall

Steps into shot with front foot and  
shifts weight from back to front

### Strategy

\_\_\_\_\_ Attempts low, aggressive shots

\_\_\_\_\_ Maintains central court position  
between shots

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