

**RECIPROCAL TASK SHEET 1**

Name: Student "A": \_\_\_\_\_

Name: Student "B": \_\_\_\_\_

**Directions:** Two students will work together. Place both of your names on each task sheet. One individual is the "doer" while the other individual is the "observer". The "observer" reads information/instructions to the "doer", offers verbal feedback, and places a check in the "yes" or "no" columns recording the performance of their partner. When the "doer" has completed an item, the "doer" becomes the "observer" and the "observer" becomes the "doer".

**Note:** For this lesson, one pair of students will be working in one-half of the racquetball court while the other pair of students will be working in the other half of the court. In essence, the court will be divided into TWO long narrow areas. Each item is to be done five times before moving to next item.

	Student "A"		Student "B"	
	Yes	No	Yes	No
1. Demonstrate the Ready Position				
2. Demonstrate the Forehand Grip you plan to use when hitting a forehand shot.				
3. Demonstrate the Forehand Position for hitting the ball.				
4. Demonstrate the movement pattern from the Ready Position to Forehand Position.				
5. Demonstrate the back swing, forehand stroke and follow through. "NO Ball!!"				

When both students have completed this Task Sheet, you are to return to the demonstration court and submit your Task Sheet to the Instructor.

**RACQUETBALL SAFETY RULES**

1. Follow all rules set by your instructor.
2. Always wear protective eye wear while in a racquetball court.
3. Make sure the racket wrist thong is on your wrist before swinging the racket.
4. Before swinging racket for practice drills, look around to see that no one is within range of your swing.
5. Do not stand near a player that is involved in a practice drill.
6. Limit swing of the racket to an arc of 180 degrees - half circle.
7. Do not walk into front court area to retrieve a ball while another player is involved in a practice drill.
8. Do not enter a court while players are involved in practice drills and/or a game. When play has stopped, knock on the door and wait until invited to enter the court.
9. During a game, do not turn around and look for the ball when it is behind you.
10. Do not push an opposing player during a game to reach the ball.
11. Accidents occur because of careless, lack of awareness, or lack of knowledge. Always follow safety rules when involved in practice drills and games.

Please cut off at the dotted line, sign, date, and return below to your instructor.

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**CUT OFF AND RETURN THIS SLIP TO INSTRUCTOR**

I, the undersigned, have read and understand the Racquetball Safety Rules. Furthermore, I agree to follow the rules of the class.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
 (Printed)

NAME: \_\_\_\_\_ (Signature)