

Racquetball Academy's TASS Test (Timed Assessment of Sequenced Skills Test)

www.racquetballacademy.com

*The good news is that in racquetball, you can hit the ball anywhere; there is no "out" and generally, players have immediate success with little effort. So, it is easy to play. The bad news is that in racquetball, you can hit the ball anywhere; there is no "out" and generally, players have immediate success with little effort. So, it is easy to play poorly. Just because you **can** hit a sloppy shot, doesn't mean you **should**.*

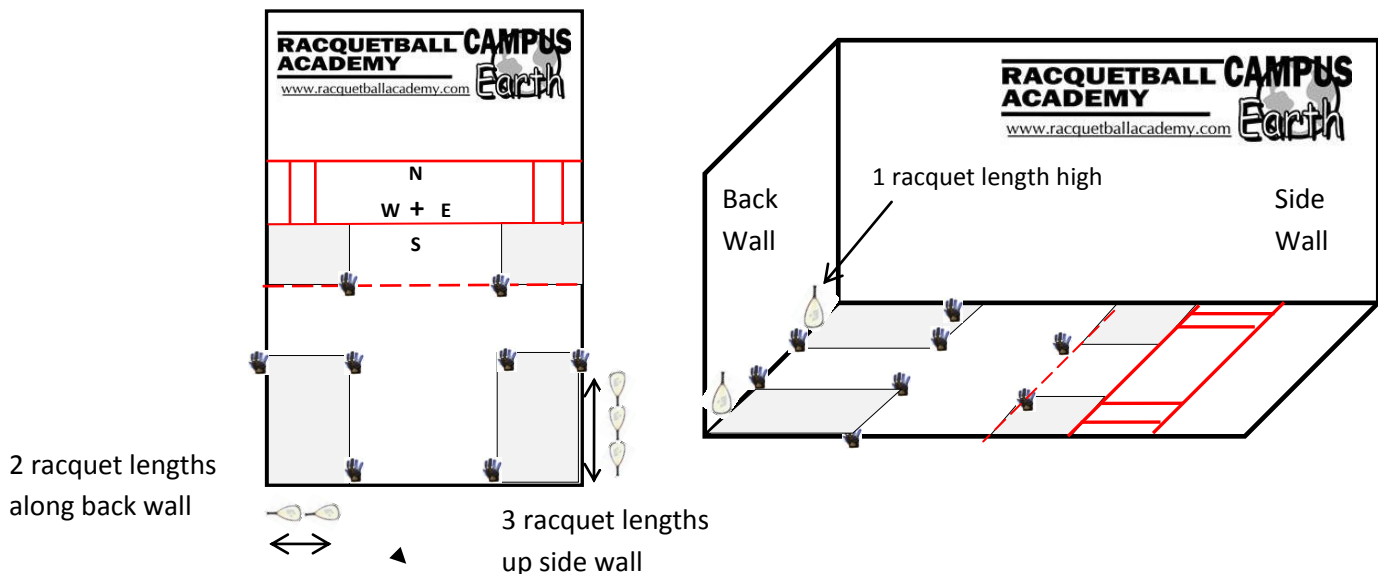
What it is: It is an assessment of a players' lateral and vertical ball control, during a timed execution of 12 common drop and hit skills. Its purpose is to offer a standardized measure of performance for players to compare their scores with other players around the world.

What it isn't: This test does not simulate match play. It does not measure 'away from the ball' skills. (See glossary) It does not suggest that you should play quicker or rush your shots, nor does it suggest that the parameters for the shots described here are ideal for every scenario.

What it does: It emphasizes ball control and shot execution of precise shots under pressure (Being timed simulates an element of competition, even though the game itself is not time based.)

What you need: 2 extra racquets, 8 gloves (or other small marker item), a stopwatch and a friend.

How to start: Create the 4 shot boxes as shown below. (Two back court boxes, and two front court boxes) Using the 22" racquet laid end to end, mark the spots with the extra gloves or other small marker items. Measure and mark 2 racquet lengths, by 3 racquet lengths each rear corner, then lean the each extra racquets against the back wall in each corner to mark the height of 1 racquet length.





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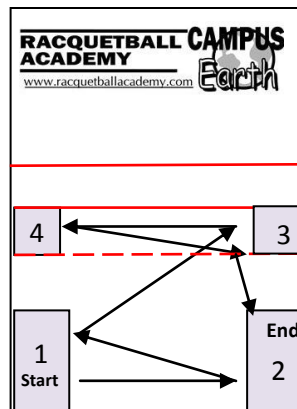
What to do: Your friend will time you as you perform a series of 12 specific shots from 4 spots on the court, in a specific order, with very precise parameters for success. You will catch the ball after each shot and then drop the ball out of your hand to hit the next shot. You must successfully complete each shot before you move on to the next one. You must retrieve your own ball if it gets away from you. You are allowed only one ball in the court; your friend is not allowed to touch the ball. Have your friend tell you which shot to hit when. Go in order. Timing should start when you first drop the ball for your first ceiling ball shot. (One nice rule: you are allowed a "Do-over" if you don't get the very first ceiling ball right, but only the first one!) Make sure you reset the clock to 00:00. Time should end on the second bounce of the last successful splat.

Here is the sequence of shots.

(reverse for lefthanders)

Start in box 1

- 1) BH-Down the line – ceiling ball
- 2) BH-Down the line -2 bounce DTL pass
- 3) BH-Cross court pass (go to box 2, catch ball)
Now you're in box 2
- 4) FH-Down the line – ceiling ball
- 5) FH-Down the line -2 bounce DTL pass
- 6) FH-Cross court pass (go catch ball in box 1),
BH -Splat into left wall. (go catch ball in box 3)
- 7) FH-Reverse pinch
- 8) FH-Regular pinch (catch ball in box 4,)
- 9) BH- Reverse pinch
- 10) BH-Regular pinch (go catch ball over at right side-in box 3)
Jog back to box 2
- 11) FH Splat into right wall. End



TASS Test

Date: _____ Name: _____

Fill in your scores:

1st attempt _____

2nd attempt _____

3rd attempt _____

Compare your scores to standards:

Pro level –under 1:10 seconds

Open level under 1:30

A level- under 2:00

B level under 3:00

C level under 4:00

D level under 5:00

Compare your scores worldwide:

send to: tasstime@racquetballacademy.com

See WPRO and IRT Pros scores:

www.racquetballacademy.com

Parameters for each shot: Below are the very strict parameters for each shot. This assessment tests your vertical and lateral control under pressure. Remember the game is all about controlling the ball.

Ceiling Ball: Your DTL ceiling ball must not hit the side wall, ever, and its 2nd must bounce in the rear box you marked. If it drops short or wide of the box on the floor, you must repeat the shot until you get it right. Only then can you move on to the next one.

Down the line pass: Your pass must bounce only twice, (not once, or three times, or four times, or roll out) before it hits the back wall. It must stay within the 44" of the side wall, must not hit the side wall, ever, even after the second bounce, and it must pass between you and the near side wall. (not behind you)

Cross court pass: Your DTL pass must bounce only twice, (not once, or three times, or four times, or roll out) before it hits the back wall on the opposite side of the court within the 44"s. It CAN hit the sidewall south of the 66" foot mark, but only **after** it has bounced twice (not 3 or 4 times). It cannot hit the side wall North of the 66" line, ever.

Splats: Your splat must bounce twice on the floor before the front service line. It must not touch the opposite side wall until after the second bounce.

Reverse pinch: Your reverse pinch must hit the far side wall first, then bounce twice before the front service line.

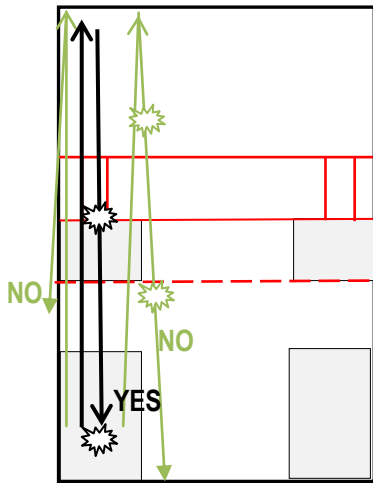
Regular pinch: Your regular pinch must hit the near side wall first, then bounce twice before the front service line. It must not hit the side wall until after the second bounce.



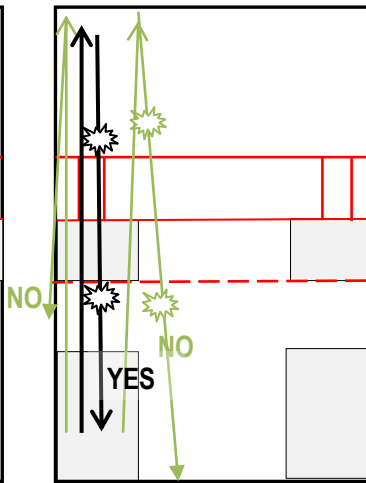
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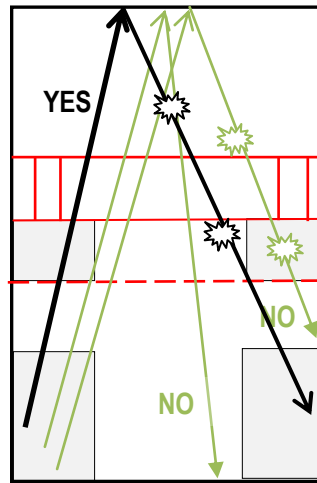
Down the Line Ceiling



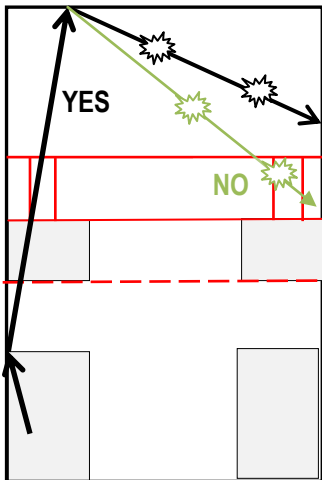
Down the Line Pass



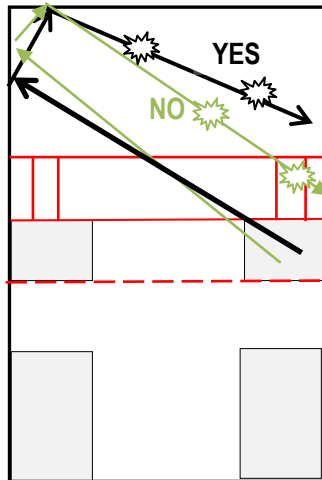
Cross Court Pass



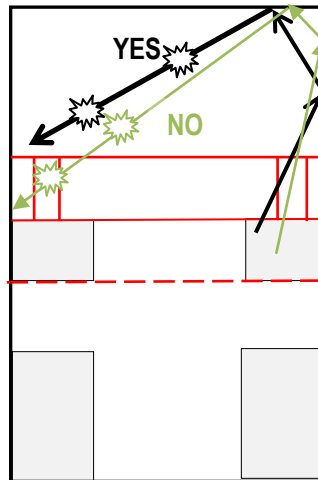
Splat Left



Reverse Pinch



Regular Pinch



Pictures of the parameters of each shot are displayed on the left.

Use your first attempt to get a baseline time.

Pay attention to the exact location of the second bounce.

Note which shots you need improvement, and which adjustments you need to make, i.e. height, speed, angle to correct it; you probably have the same error patterns in a game.

C and D players: If you don't use a splat shot, substitute a down the line ceiling ball instead.

To post your scores and take a survey about the TASS Test, go to www.racquetballacademy.com