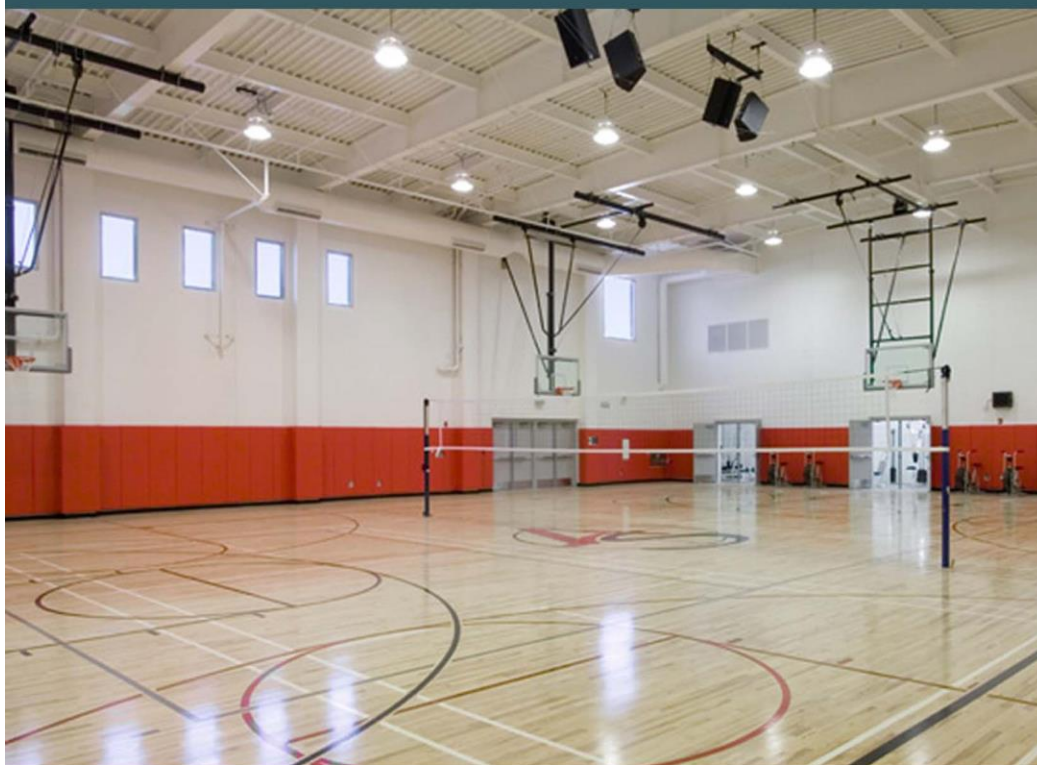




Play Racquetball Gymnasium Lesson Plan



Play Racquetball Event Lesson Plan for a Gymnasium – VIDEO LINK FIX

Warm-up (10 min)

- Fun game to get kids running – Freeze Tag
- Stretch (focusing on legs and arms)

Down the line pass – Forehand (10 min)

Watch the video at <http://youtu.be/UB98eDdEJtE>

- Explain targets on wall and bath mats on the floor (see diagrams below)
- Practice swings (see video, notice we don't explain too much about the grip or stance)
- Drop and hits
- Practice from all three court positions

Down the line pass – Backhand (10 min)

Watch the Video at: <http://www.youtube.com/watch?v=QVL4JX79TI8>

- Explain targets on the floor and walls
- Practice swings (watch the video, notice there is not much explained about the grip and stance)
- Drop and hits
- Practice from all three court positions

Half lob serve (10 min)

- Demonstrate and practice (this is an easy serve to get the ball into play)
- Explain a few simple serving rules

The biggest challenge is that the ball will bounce like crazy and kids will be running all over to catch it. It is recommended that you find a different ball that doesn't bounce as much and allow participants to focus on the practice swing and drop and hit drills.



Down the Line Pass

Beginner above blue line
Intermediate between lines
Advanced below green line

2 1/2' 

1 1/2' 

