



Racquetball Canada Skills Development Program

## Drills Manual





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## DRILLS MANUAL

**1. Proper fit of equipment**

- Eye guards fit comfortably and are appropriate fit for age and size of individual (Check packaging if possible)
- Wrist tether is securely tightened around appropriate wrist and attached to racquet
- Grip of racquet is comfortable and maneuverable for size of individual's hand (Grip sizes are: 3 5/8' or 3 15/16')
- Shoes fit well and are a gum rubber, non-marking court shoe
- Recommended apparel is t-shirt and shorts
- Have individuals do a mental checklist of all the appropriate equipment they need before entering the court
- Make any individual corrections to the group so they all can learn and discuss proper fit and safety of the equipment

**Teaching Tip: Observe what looks appropriate and ask the individual for information as they might not know what it is suppose to be. Also, wear appropriate equipment to model proper fit and safety.**

**2. Forehand grip**

- Have individuals 'shake hands' with the racquet and turn the racquet a 1/4 of an inch to the left for right-handed players and turn the racquet a 1/4 of an inch to the right for left-handed players
  - do this 5 times starting from 'hand shake' position
- Practice bouncing ball in the air, against the wall or floor with proper forehand grip
- Begin to make this as natural as possible by having the individual switch between backhand and forehand grips
  - 5 each way
- Practice bouncing the ball in the air, against the wall or floor while switching between proper forehand and backhand grip



- Practice swinging with proper forehand grip
- Practice hitting the ball with proper forehand grip close to the wall
- Practice hitting forehand and backhand shots approximately 5-10 feet away from the front or side wall while switching to the appropriate grips

**Teaching Tip: The grip should not be too tense but not overly relaxed either. Help the individual find the right grip tension to have maximize maneuverability and control**



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**3. Backhand grip**

- Have individuals 'shake hands' with the racquet and turn the racquet a  $\frac{1}{4}$  of an inch to the right for right handed players and a turn the racquet a  $\frac{1}{4}$  of an inch to the left for left handed players
  - do this 5 times starting from 'hand shake' position
- Practice bouncing ball in the air, against the wall or floor with proper backhand grip
- Begin to make this as natural as possible by having the individual switch between backhand and forehand grips
  - 5 each way
- Practice bouncing the ball in the air, against the wall or floor while switching between proper forehand and backhand grip



- Practice hitting the ball with proper backhand grip close to the wall
- Practice hitting forehand and backhand shots approximately 5-10 feet away from the front or side wall while switching to the appropriate grips

**Teaching Tip: Make sure trigger finger is wrapped around grip. Some have the tendency to place finger along grip and hinder their swing**

**4. Forehand stroke**

- **With proper forehand grip break down the entire process step by step and repeat desired steps as needed. Steps:**

- 1) Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)
- 2) Racquet in set position with elbow above shoulder with wrist cocked
- 3) Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back leg's toe could form a straight line
- 4) Rotate upper body through entire stroke by allowing the elbow to drop, and as the elbow comes through bend the back knee at the same time





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- 5) Extend racquet arm to have a front foot contact point
- 6) Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball
- 7) Finish the swing with a follow-through that snaps around to opposite elbow and back foot pivoting for maximum rotation

**Teaching Tip: Imagery of clearing off a table and removing anything on it, emphasizing a flat hitting zone**

### 5. Backhand Stroke

**- With proper backhand grip break down the entire process step by step and repeat desired steps as needed.**  
**Steps:**

- 1- Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)
- 2- Turn shoulders in opposite direction of forehand rotation
- 3- Cock wrist with elbow chest height
- 4- Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back leg's toe could form a straight line



- 5- Rotate upper body through entire stroke by allowing the elbow to drop, and as the elbow comes through bend the back knee at the same time
- 6- Extend racquet arm to have a contact point in alignment with the lead leg closest to the front wall
- 7- Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball
- 8- Finish the swing with a full follow-through that snaps around while the back foot pivots for maximum rotation

**Teaching Tip: Swing resembles the technique used to throw a Frisbee**

### 6. Drop and Hit, Forehand Down the Line Pass Shot

- Start at front position (short line) of the court, approximately 5 feet away and facing the side wall
- Practice swing to warm up and reinforce good technique
- Put targets on the front wall and floor to help the individual understand where to aim
- The targets are there for feedback but it is important to reinforce looking at the ball when making contact
- Demonstrate the proper technique to help the individual understand what is expected of them
- The ball bouncing twice before the back wall is a goal but isn't expected at this level. It is more important that the ball does not hit the side wall, but bounces in between the player and the side wall while its travelling to the back wall
- Drop the ball for the individual so they take a full step and get good extension through the hitting zone
- The contact point is in alignment with the lead leg which is the leg closest to the front wall
- Have the individual drop and hit the ball themselves and monitor technique and give appropriate feedback based on results
- Attempt ten at a time and then switch to the backhand to keep the drill changing and challenging



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- Always monitor results in relation to technique and accuracy of hitting desired targets
- Move to middle position (behind receiving line) to add difficulty

**Teaching Tip: You don't have to drill to death, switch between forehand and backhand and grip drills to keep it light and fun but also productive**

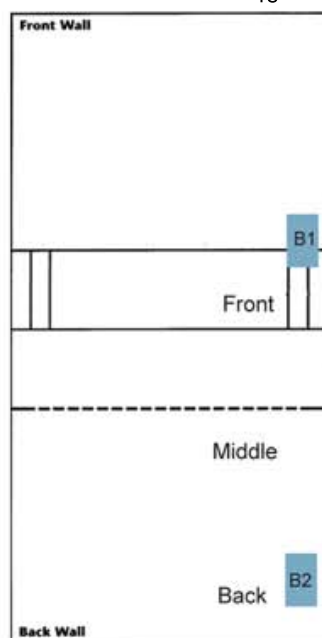
## 7. Drop and Hit, Backhand Down the Line Pass Shot

- Start at front position (short line) of the court, approximately 5 feet away and facing the side wall
- Practice swing to warm up and reinforce good technique
- Put targets on the front wall and floor to help the individual understand where to aim
- The targets are there for feedback but it is important to reinforce looking at the ball when making contact.
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- The contact point is in alignment with the lead leg which is the leg closest to the front wall
- Have individual drop and hit the ball themselves and monitor technique and give appropriate feedback based on results
- Try ten at a time and then switch to the backhand to keep the drill changing and challenging
- Always monitor results in relation to technique and accuracy of hitting desired targets
- Move to middle position (behind receiving line) to add difficulty

**Teaching Tip: Make sure there is ample time between shots to re-align and give appropriate feedback. It is important to form good habits and focus on deliberate practice**

### Down the line Pass Shot

Front wall 30"  
18"



- The 2 blue rectangle targets on the floor represent the ball bouncing twice before the backwall
- The green and blue targets on the front wall are different based in how hard the individual hits the ball
- Regardless of the level of play or how hard the individual hits the end result is always 2 bounces before the backwall (As highlighted by the 2 blue rectangles)
- The targets are guidelines to helping the individuals execute the desired skill
- This diagram was created by the Alberta Racquetball Association

