



Racquetball Canada Skills Development Program
DRILLS MANUAL

1. Forehand, Drop and Hit, Down the Line Pass Shot:

- Start at front position (short line) of the court, approximately 3 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 should be bouncing two times before hitting 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
- Focus on hitting 5-10 successful shots before switching
- Always monitor results in relation to technique and accuracy of hitting desired targets
- Move to middle position (behind encroachment line) then to back position (5 feet from back wall) to add difficulty
- To add even more difficulty, drop the ball so that the individual has to move slightly and set up to ball, rather than just standing and waiting to hit it

Teaching Tip: Adjust the target on the front wall according to the position on the court and the speed of the ball. The result of a pass shot should always be 2 bounces before the back wall

2. Backhand, Drop and Hit, Down the Line Pass Shot:

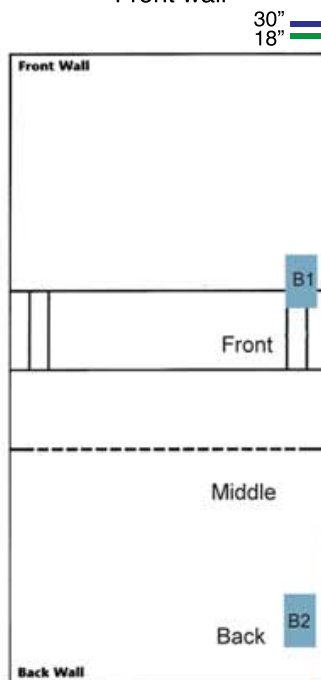
- Start at front position (short line) of the court, approximately 3 feet away and facing the side wall
- Practice swing to warm up and reinforce good technique
- Put targets on the front wall and floor to help the individual understand where to aim
- The targets are there for feedback but it is important to reinforce looking at the ball when making contact.
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- Move to middle position (behind encroachment line) then to back position (5 feet from back wall) to add difficulty
- To add even more difficulty, drop the ball so that the individual has to move slightly and set up to ball, rather than just standing and waiting to hit it

Teaching Tip: For the backhand the racquet does not have to be very high in the backswing, it is more important to focus on rotating the shoulders and pulling the elbow through in a flat smooth motion



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Down the line Pass Shot
Front wall

- 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

**3. Forehand, Drop and Hit, Cross Court Pass Shot:**

- Start at front position (short line) of the court, approximately 3 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 should be bouncing two times before hitting 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 front of 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
- Focus on hitting 5-10 successful shots before switching
- Always monitor results in relation to technique and accuracy of hitting desired targets
- Move to middle position (behind encroachment line) then to back position (5 feet from back wall) to add difficulty
- To add even more difficulty, drop the ball so that the individual has to move slightly and set up to ball, rather than just standing and waiting to hit it

Teaching Tip: Help the individuals understand the cross court shot pass by letting them find the appropriate angle by trial and error before putting the targets on the front wall and floor. Ex) lying on the floor using their bodies as an arrow or lining up a shot in a game of billiards



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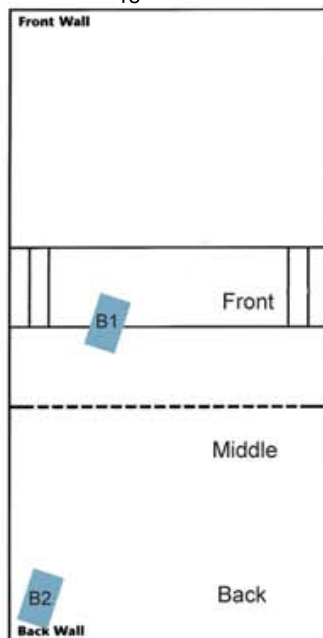
4. Backhand, Drop and Hit, Cross Court Pass Shot:

- Start at front position (short line) of the court, approximately 3 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
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- To add even more difficulty, drop the ball so that the individual has to move slightly and set up to ball, rather than just standing and waiting to hit it

Teaching Tip: Have someone stand in centre court and attempt to return the shot to show the importance of getting the ball deep and in the back corner on the second bounce. If the ball is struck to low, the person in centre court will have an easier time returning the ball

Cross Court 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 excute the desire skill
- This diagram was created by the Alberta Racquetball Association



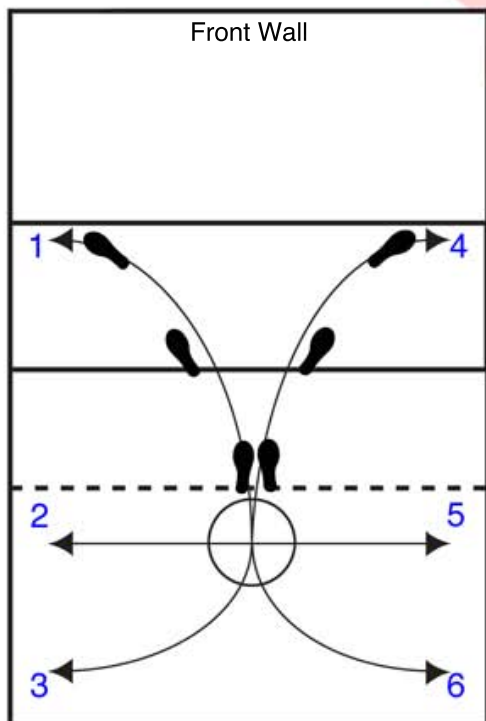


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5. Proper “J” footwork movement to hit the ball and return back to centre court:

- Movement is done in an arc to properly set up to the ball with shoulders square
- Break down each section at first with low speed concentrating on correct footwork, primarily making sure the proper lead leg is forward when arriving at the ball
- This diagram illustrates the “J” movement to the ball
- The numbers 1 - 6 on the diagram represent the six main places where an individual hits the ball from
- The movements to positions 1 and 4 on the diagram are essentially the same. For example, starting in center court moving to position one for a right handed player taking 3 step:
 - The first step is with the right leg straight ahead, the second step with the left leg is straight ahead as much as possible while starting to arc towards the first position.
 - The third step which is with the right leg arriving at the first position as the lead leg and the shoulders are square to the side wall.
 - To go back to center court do the exact reverse of the three steps
 - To move to position number 4, being right-handed and taking 3 steps, simply start with your left leg and follow the same pattern.
 - When taking 4 steps to arrive at positions 1 or 4, your first step should be with your non-lead leg. For Example: for right-handed players for a backhand movement the first step is with your left leg.
- The movements to positions 2 and 5 on the diagram are essentially the same. For example, starting in center court moving to position 2 for a right-handed player taking 2 steps:
 - The first step with the left leg step towards position number 2 while continuing to face forward.
 - The second step with the right leg cross over and arrive to position number 2
 - To go back to center court do the exact reverse of the two steps
 - To move to position number 5, being right-handed and taking 2 steps, simply start with your right leg and follow the same pattern



- The movements to positions 3 and 6 on the diagram are essentially the same. For example, starting in center court moving to position 3 for a right-handed player taking 4 steps:
 - ◆ The first step with the left leg towards position number 3, is directly behind center court which opens the hips
 - ◆ The second step with the right leg which continues straight towards the back wall
 - ◆ The third step with the right leg continue as straight possible while arcing towards position 3
 - ◆ The four step with the right leg arrive at position number 3 square to the side wall
 - ◆ To go back to center court do the exact reverse of the 4 steps
 - ◆ To move to position number 6, being right-handed and taking four steps, simply start with your right leg and follow the same pattern
- Once it is automatic to move to the various sections with correct foot work and speed, add a practice swing to each

Teaching Tip : Again all progression should be done with increasing speed, but never sacrificing the correctness in which one does the footwork moving to the section or back to centre court, this is very important



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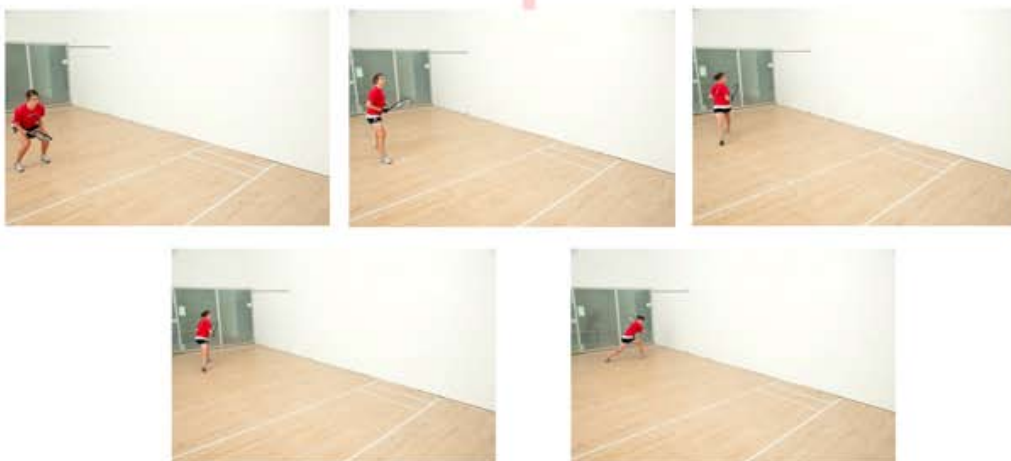
Front Position



Middle Position



Back Position





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- Start to time how long it takes individuals to complete all 6 sections with practice swings
- Add a partner ball drop at one section at a time to simulate a rally

Teaching Tip: Think of the centre of the court having a carpet running down it. The goal is to stay on the carpet as long as you can to create the “J” arc when moving to the sections of the court and then back to centre.

6. Find, understand and use the evacuation plan of the facility

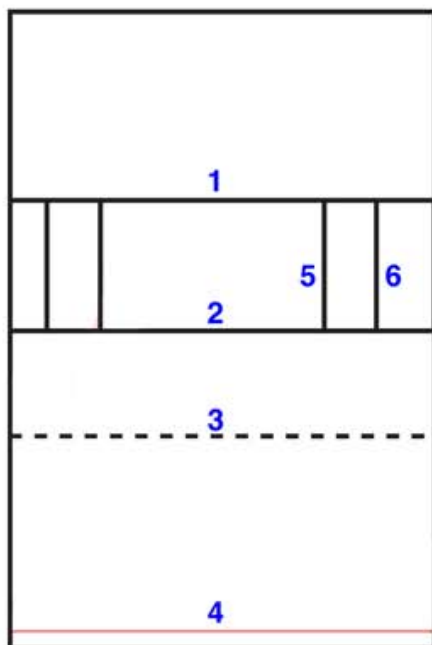
- Ask the staff of the facility for the appropriate information
- Relay this information on by showing respective diagrams or physically showing the individuals

Teaching Tip: Go through the lines orally at the beginning of each practice or during warm up. Keep reviewing each class even for a minute or two, to make sure everyone understands

7. Understand the lines on the court

- Name and point out each line individually
- Explain the significance of each line

Teaching Tip: Go through the evacuation plan before, during or after a practice and then quiz them on it a week or two later to see if they remember



- 1** Drive Serve Line
- 2** Short Line
- 3** Receiving Line
- 4** Out of Court Line
- 5** Service Box Line
- 6** Doubles Service Box

