



# Play Racquetball Lesson Plans Ages 7-10



## Lesson 1 (45 mins)

### Major Skill: Hand Bounce

#### Goal:

- 10-15 consecutive bounces from hand to ground
- Grip racquet
- Introduction to racquetball

#### Warm-up:

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

#### Intro to equipment:

- Review proper fit of equipment
  - Eye guards fit comfortably
  - Wrist tether is securely fastened around the proper wrist and attached to the racquet
  - Grip of racquet is the appropriate size for the individual
  - Non-marking athletic shoes are being worn
  - Make any corrections as a group so athletes know what is/is not appropriate
- Quick talk about how you hit the ball with the racquet.

#### Drill:

- Using hands, practice bouncing the ball on the floor (good hand first, weak hand second).
- Have each athlete perform 10-15 bounces from hand to floor with each hand.

#### Game: Fun game that requires moving and bouncing the ball.

- Relay race: split the children up into even teams and have them race against the other team.
- Each individual will run while bouncing the ball with their good hand to a pylon about 10 feet away. Once they reach the pylon, have them switch hands and run back while bouncing the ball with their weaker hand.
- If extra time remains, repeat the race and add pylons to weave around.

#### Water Break



**Hand out racquets:** Show how to properly grip the racquet.

- 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. (5 times starting from the hand shake position).
- Have individuals practice bouncing the ball in the air using the proper forehand grip.

**Game:** Fun game that requires movement and proper racquet grip.

- Racquet race:
  - have each child line up along the line, when the coach blows the whistle all children run from the start line to where they have each laid their racquets on another line around 10 feet away.
  - They must grab their racquets, get the proper forehand grip and run back to the start line where they will show the coach their proper grip.
  - If the grip is correct, the children grab a ball and do 5 bounces in the air with a forehand grip. If the grip is not correct, show them the proper grip and allow them to continue to the ball bouncing activity.

**Quick discussion about the game of racquetball**

- Explain that racquetball is played using the racquet to hit the ball and score points against another person.
- Explain that there are other rules that will be discussed in subsequent lessons.

**Fun cool-down game**

- 'What time is it Mr. Wolf?'
  - Students line up against one wall with the "Wolf" (chosen by the coach – perhaps the winner of the racquet race) at the opposite wall.
  - Students yell "What time is it Mr. Wolf?" the Wolf responds with a number (i.e. 2 o'clock) and the students must then bounce the ball with their good hand that number of times (i.e. 2 times).
  - This continues until the Wolf responds with "lunch time!" at which time the Wolf chases all the other children back to the wall they started at. If the Wolf catches anyone, they become the new Wolf.



## Lesson 2 (45 mins)

**Major Skill: Racquet Bounce, Backhand Grip**

**Goal:**

- 10-20 consecutive bounces from racquet to ground
- Proper backhand grip

**Warm-up:**

- Fun game to get kids running – Octopus: One person stands in the middle of the boundary area. The rest of the kids line up at an end of the bounds and when the tagger says go they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms. This goes back and forth until you're down to the last person who then starts the next round.
- Stretch (focusing on legs and arms)

**Review of lesson 1:**

- Using hands, practice bouncing the ball on the floor (good hand first, weak hand second).
- Practice bouncing ball against the wall
- Review proper fit of equipment
  - Eye guards fit comfortably
  - Wrist tether is securely fastened around the proper wrist and attached to the racquet
  - Grip of racquet is the appropriate size for the individual
  - Non-marking athletic shoes are being worn
  - Make any corrections as a group so athletes know what is/is not appropriate
- Quick talk about how you hit the ball with the racquet

**Drill:**

- Using racquet, practice bouncing the ball on the floor
- Have each athlete perform 10-15 bounces from racquet to floor, ensure they are using the proper grip.

**Game:** Fun game that requires moving and bouncing the ball with the racquet.

- Relay race: split the children up into even teams and have them race against the other team.
- Each individual will run while bouncing the ball with their racquet to a pylon about 10 feet away. Once they reach the pylon they go around and come back, continuing to bounce the ball with the racquet.
- If extra time remains, repeat the race and add pylons to weave around.

**Water Break**



**Backhand Grip:** Show how to properly grip the racquet.

- Have individuals 'shake hands' with the racquet and turn the racquet a 1/4 of an inch to the right for right-handed players and turn the racquet a 1/4 of an inch to the left for left-handed players. (5 times starting from the hand shake position).
- Have individuals practice bouncing the ball in the air, against the wall or floor while switching between proper forehand and backhand grip.

**Game:** Fun game that requires movement and proper racquet grip.

- Racquet race:
  - have each child line up along the line, when the coach blows the whistle all children run from the start line to where they have each laid their racquets on another line around 10 feet away
  - They must grab their racquets, get the proper backhand grip and run back to the start line where they will show the coach their proper grip
  - If the grip is correct, the children grab a ball and do 5 bounces in the air with a backhand grip. If the grip is not correct, show them the proper grip and allow them to continue to the ball bouncing activity
- Fun cool-down game
  - Amoeba Tag
  - Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 they must split even numbers and can link together at will. This game is played until nobody is left

## Lesson 3 (45 mins)

### Major Skill: Forehand Stroke

#### Goal:

- Demonstrate the proper forehand stroke
- Review of previous lesson

#### Warm-up:

- Fun game to get kids running – Octopus: One person stands in the middle of the boundary area. The rest of the kids line up at an end of the bounds and when the tagger says go they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms. This goes back and forth until you're down to the last person who then starts the next round.
- Stretch (focusing on legs and arms)

#### Review of lesson 2:

- Review the proper backhand grip: have children repeat the backhand grip from the "hand shake" five times

#### Forehand Stroke

- Ensure proper forehand grip
- Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)
- Racquet in set position with elbow above shoulder with wrist cocked
- Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back foot's toe could form a straight line
- 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.
- Extend racquet arm to have a front foot contact point
- Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball
- Finish the swing with a follow-through that snaps around to opposite elbow and back foot pivoting for maximum rotation

#### Drill:

- Review any points necessary with your group from the forehand stroke introduction

#### Water Break



**Game:** Fun game that requires using a forehand stroke

- Simon says: Use actions that require reviewing the proper forehand stroke technique, as well as review of forehand and backhand grips.

**Backhand Grip:** Show how to properly grip the racquet

- Have individuals 'shake hands' with the racquet and turn the racquet a 1/4 of an inch to the right for right-handed players and turn the racquet a 1/4 of an inch to the left for left-handed players. (5 times starting from the hand shake position).
- Have individuals practice bouncing the ball in the air, against the wall or floor while switching between proper forehand and backhand grip.

**Game:** Fun game that requires movement and proper racquet grip

- Racquet race:
  - Have each child line up along the line, when the coach blows the whistle all children run from the start line to where they have each laid their racquets on another line around 10 feet away.
  - They must grab their racquets, get the proper backhand grip and run back to the start line where they will show the coach their proper grip.
  - If the grip is correct, the children grab a ball and do 5 bounces in the air with a backhand grip. If the grip is not correct, show them the proper grip and allow them to continue to the ball bouncing activity.

**Fun cool-down game**

- Caterpillar Tag:
  - Divide the group into partners, with partners holding hands. Designate which partners will be the taggers. On the go signal, the taggers chase and try to tag the other partners. When tagged, they must freeze. To become unfrozen, another set of partners must join hands with this pair. This group must now stay together and try to avoid being tagged. There is no limit to the size of the group or groups that form from joining with the frozen players. Play for a designated time period or until all of the players are frozen.



## Lesson 4 (45 mins)

### Major Skill: Backhand Stroke

#### Goal:

- Demonstrate the proper forehand stroke
- Review of lessons 2 and 3

#### Warm-up:

- Fun game to get kids running – Skunk Tag: All players but 2 are scattered in the playing area. Place 4 hula-hoops at the four corners of the playing area, which are safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time. Place one in the middle, which is the skunk's home. Designate 2 players to be skunks, and place them in the centre to begin the game. On the go signal, the skunks chase and try to tag someone. If successful, they change places. The new skunk must run to the centre hoop and yell "New Skunk!" before chasing others.
- Stretch (focusing on legs and arms)

#### Review of lesson 2 and 3:

- Review the proper backhand grip: have children repeat the backhand grip from the "hand shake" five times
- Review the proper forehand stroke: have children demonstrate their forehand strokes. Correct any errors

#### Backhand stroke

- Ensure proper backhand grip
- Crouch slightly with knees bent and feet a little wider than shoulder width apart (an athletic position)
- Turn shoulders in opposite direction of forehand rotation
- Cock wrist with elbow chest height
- Transfer weight from back leg to front leg by stepping the lead leg at an angle where the front foot's heel and back foot's toe could form a straight line
- 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
- Extend racquet arm to have a contact point in alignment with the lead leg closest to the front wall
- Racquet is perpendicular to floor and approximately the same height as the back knee when it would meet the ball
- Finish the swing with a full follow-through that snaps around while the back foot pivots for maximum rotation



### Drill

- Review any points necessary with your group from the backhand stroke introduction.

### Water Break

**Game:** Fun game that requires using a backhand stroke.

- Simon says: Use actions that require reviewing the proper backhand stroke technique, as well as review of forehand and backhand grips.

**Backhand Grip:** Show how to properly grip the racquet.

- Have individuals 'shake hands' with the racquet and turn the racquet a 1/4 of an inch to the right for right-handed players and turn the racquet a 1/4 of an inch to the left for left-handed players. (5 times starting from the hand shake position).
- Have individuals practice bouncing the ball in the air, against the wall or floor while switching between proper forehand and backhand grip.

**Game:** Fun game that requires movement and proper racquet grip.

- Racquet race:
  - Have each child line up along the line, when the coach blows the whistle all children run from the start line to where they have each laid their racquets on another line around 10 feet away.
  - They must grab their racquets, get the proper backhand grip and run back to the start line where they will show the coach their proper grip.
  - If the grip is correct, the children grab a ball and do 5 bounces in the air with a backhand grip. If the grip is not correct, show them the proper grip and allow them to continue to the ball bouncing activity.

### Fun cool-down game

- Alligator in the Swamp:
  - The first group is lying on their stomachs (alligators). The second group are the runners.
  - On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators.
  - The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they must sit out until the next game.
  - Repeat this from the other side of the playing area each time. When 3 to 5 people are left, start again.



## Lesson 5 (45 mins)

### Major Skill: Drop and Hit Forehand and Backhand

#### Goal:

- Self-feed drop and hit
- Review of lessons 2, 3 and 4

#### Warm-up:

- Fun game to get kids moving – Spiders and Scorpions: Divide the group of children in half. Half the kids will crawl on all fours with their backs in the air. They are the "scorpions." The other half of the kids move on all fours with their stomachs facing the ceiling. They are the "spiders." The "scorpions" chase the "spiders" and try to "sting" them by tagging them. If a "spider" is "stung," they have to lie on the ground.
- Stretch (focusing on legs and arms)

#### Review of lesson 2, 3 and 4:

- Review the proper forehand and backhand grips: have children repeat the grip from the "hand shake" five times.
- Review the proper forehand and backhand strokes: have children demonstrate their forehand and backhand strokes. Correct any errors.

#### Drop and Hit Forehand

- Ensure proper forehand grip
- 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
- Drop the ball for the individual so they take a full step and get good extension
- Have the individual drop and hit the ball themselves and monitor technique and give appropriate feedback based on results

#### Drill

- Have children attempt ten at a time against the wall.

#### Water Break

#### Game: fun game that requires using a drop and hit forehand

- Place several targets along the walls and have children move from target to target, attempting to collect points for hitting the targets while using a forehand drop and hit.



### Drop and Hit Backhand:

- Ensure proper backhand grip
- 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
- Drop the ball for the individual so they take a full step and get good extension
- Have the individual drop and hit the ball themselves and monitor technique and give appropriate feedback based on results

**Game:** fun game that requires using a drop and hit backhand.

- Place several targets along the walls and have children move from target to target, attempting to collect points for hitting the targets while using a backhand drop and hit.

### Fun cool-down game

- Alligator in the Swamp:
  - The first group is lying on their stomachs (alligators). The second group are the runners.
  - On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators.
  - The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they must sit out until the next game.
  - Repeat this from the other side of the playing area each time. When 3 to 5 people are left, start again.

