



Racquetball Canada Skills Development Program

DRILLS MANUAL

1. Properly referee a game:

- Set up mock opportunities to referee during practice sessions
- Review rules on an ongoing basis
- Do partner refereeing one keep score one call out score
- Teach effective ways on how to handle confrontation, either live during a game or setting up mock situations to simulate actual game conditions

Teaching Tip: Look for opportunities to stop the play and point out proper refereeing techniques and make encouraging comments so that individuals form a positive association to refereeing

2. Execute a Self or Partner Feed, Forehand, Down-The-Line Pass Shot:

A feed is a progression from the drop and hit, that adds footwork, movement and ball motion

“Self Feed”

- Start in centre court in an athletic position, begin by softly hitting the ball to the front wall, so that the ball comes back to either the front, middle, or back position
- After letting the ball bounce one time execute the down the line pass shot with two ball bounces before the back wall

Teaching Tip: It will be very important to demonstrate this before the individuals attempt it so they understand completely what they are supposed to do

“Partner Feed”

- With a coach or partner tap the ball to the individual working on the specific skill and do the drill the same as the “self feed”
- Another variation is for the coach or partner to drop the ball in a desired location. This is an excellent bridge from the drop and hit, to the feed off the front wall

“Multiple Feed”

- As one gets better at a down the line feed, mix things up by trying other speeds and angles to help the individual learn the skill in as many varieties as possible

“Continuous Feed”

- As the individual gets better at the down the line pass, turn it into a game where two partners could continuously hit the same shot back and forth to one another, or one partner continuously feeds and the other executes a down the line pass.

Teaching Tip: Always be striving to simulate a game situation as much as possible, start and finish drills in centre court to develop good habits that will ensure success during a game



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3. Execute a Self or Partner Feed, Backhand, Down-The-Line Pass Shot:**“Self Feed”**

- Start in centre court in an athletic position, begin by softly hitting the ball to the front wall, so that the ball comes back to either the front, middle, or back position
- After letting the ball bounce one time execute the down the line pass shot with two ball bounces before the back wall

Teaching Tip: As an individual is learning a skill, there will be time when the skill breaks down. This is a great opportunity to go back and reinforce proper habits and to illustrate the progression in learning a skill. For example going back to a dry stroke, then a drop and hit, a partner drop and hit and then try the feed again.

“Partner Feed”

- With a coach or partner tap the ball to the individual working on the specific skill and do the drill the same as the “self feed”
- Another variation is for the coach or partner to drop the ball in a desired location. This is an excellent bridge from the drop and hit, to the feed off the front wall

“Multiple Feed”

- As one gets better at a down the line feed, mix things up by trying other speeds and angles to help the individual learn the skill in as many varieties as possible

“Continuous Feed”

- As the individual gets better at the down the line pass, turn it into a game where two partners could continuously hit the same shot back and forth to one another, or one partner continuously feeds and the other executes a down the line pass.

Teaching Tip: It is important to not over train by only working on one skill for an entire practice. Try moving amongst skills every 10-15 minutes to keep things fresh and optimize learning.

4 and 5. Execute a Self or Partner Feed, Forehand or Backhand, Cross Court Pass Shot:

For the Cross Court Pass, refer to previously mentioned description and drill examples in the Self or Partner Feed, Down-The-Line Shots

Other drills and feeds:

- Have an individual standing at the encroachment line on either side of the court hitting cross court passes back and forth to each other (more advanced)
- Begin to incorporate 2 shot serve return drills if the skill is at a high level during the feeds
- After a feed has been hit, have another individual play defense and attempt to return the cross court pass, if successful at returning a point could be score in a mock game

Teaching Tip: Have a specific target on the floor close to the receiving line approximately 8 feet away from the opposite side wall. Move this target closer and closer to the side wall to make the skill more precise. This space between the opposite side wall and the target becomes the area that the ball should travel through.



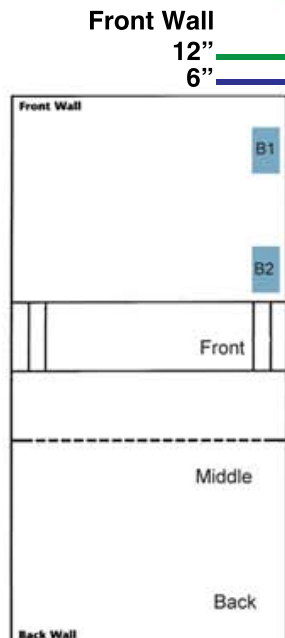
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6. and 7. Execute a Drop and Hit, Forehand or Backhand, Down-The-Line, Kill Shot:

- 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 bounce two times before it reaches the service line
- 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 1-2 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: A kill shot is difficult to execute effectively due to its high degree of difficulty. Therefore, it is important to instill patience when players are learning this new skill.

Down the Line Kill Shot

- The 2 blue rectangle targets on the floor represent the ball bouncing twice before the service line
- 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 service line (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



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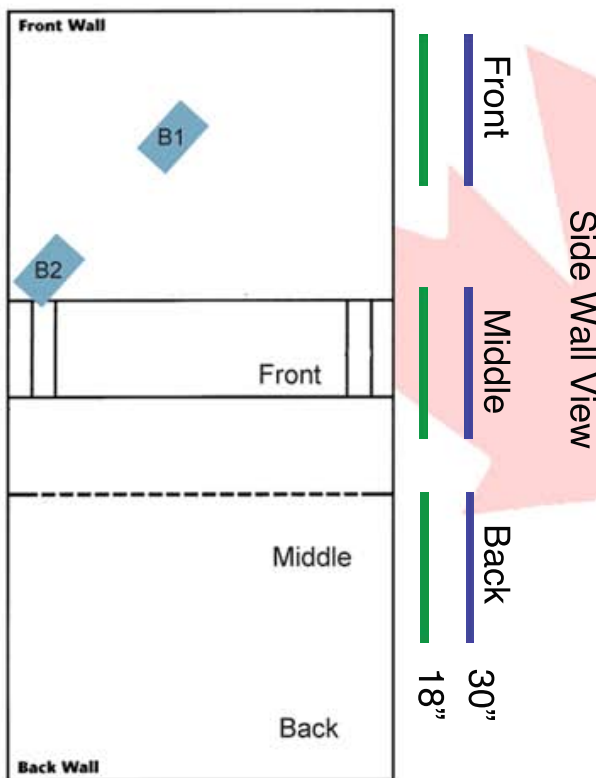
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8. and 9. Execute a Drop and Hit, Forehand or Backhand, Pinch Shot

Refer to general drop and hit description as outlined above and in Level 2.

Teaching Tip: The target for a pinch shot will move back on the sidewall as the individual moves back from the front to middle to back position on the court. It is also important that the ball has two bounces before the service line and before the opposite side wall, thus keeping the ball in the front court, similar to a kill shot.

Pinch Shot Front Wall



- The 2 blue rectangle targets on the floor represent the ball bouncing twice before the service line
- 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 service line (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





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10. Perform a basic lob serve to both sides of the court

- Starting from the middle of the service zone, continue and build the skill in similar progression to a drop and hit
- In terms of technique the wrist remains solid and does not break, as the arc should come from getting the legs low and extending up
- The wrist does not break to improve consistency
- Pick a target on the front wall that will allow the first bounce to be close to the encroachment line and finish in the respective back corner depending on what side the individual is hitting too
- Another target (mat or can) could also be placed in the back corner to help with aiming

Teaching Tip: Make sure there is a different technique when hitting a lob serve as the goal is to “scoop” the ball rather than hit it at a perpendicular angle. Always refer to the competition introduction manual for any technical misunderstandings

**11. Perform a basic drive serve to both sides of the court**

- Starting from the middle of the service zone, continue and build the skill in similar progression to a drop and hit
- Pick targets that will allow the individual to get the first bounce in between the short and encroachment line and the second in the back corner of the respective side the ball is being hit to
- Teach the two step serve from the start to foster good habits

Teaching Tip: A short serve is only an indication that the target on the front wall is too low for how hard the ball was struck. By moving the target up and striking the ball at the same pace, the individual will get the desired result

