

Drill for racquetball:

By yourself.....

- **Drop and hit:** This is to focus on mechanics (good grip, flat contact with ball, knees bent, full follow through, control...)
 - Start at short line...Drop ball and hit for a good DTL. If Good, take a step back ..Until back wall play two Good off back wall take a step to front wall and so on until back at shortline. Do the same on the other side (backhand or forehand)...Repeat for Cross Court pass..Always do this to start your alone drills.
- **Short ceiling set-up:** Work on footwork; eye on ball; aiming of shots...
 - Start in back court to one side. Hit a short ceiling ball to the other side leaving it off of the wall. With knees bent, shuffle to the ball, set up and hit chosen shot. Hit 5 good shots of the chosen shot. If the ball skips, go back to 0. If no skip but a bad shot, don't count it. When five Good shots are hit, move to the other side (backhand or forehand) and repeat. When that shot has been complete on both sides. Move to next shot. Shots to complete – Down the line pass, Cross court pass, Pinch, reverse pinch and splat. You can also add Ceiling ball here if time. This exercise should take about 45 minutes. If it goes faster than that go for 10 Good shots or better define “Good”. This drill should be done once a week and if done regularly and effectively will greatly improve your game as far as shot selection, ball control and footwork etc. Try to do once a week.
- **Serves – Work on accurate, consistent serves..**
 - From the service box hit five ‘good’ serves to backhand side and then forehand side. Try to do this once a week when not doing the Short-ceiling drill...
 - Serves to work on
 - Drive – Concentrate on hitting ball low and flat. Hit all drives from the same spot. Only change for backhand or forehand is final footwork. Experiment with slice and topspin.
 - Lob – Concentrate on the Lob Nic – Ideally should hit sidewall about 5 feet from back wall kicking out and dying on backwall. Should not allow for opponent to cutoff or to take off backwall. Hit this with a little underspin. Best way to do this is to use the Backhand grip when serving the ball. Remember it is more of a punch than a swing.
 - Half Lob – Should be hit with same tempo as Lob Nic, but punch is forward and not up. Ideally forces opponent to take a shot at shoulder height or dies on back wall.
 - Z – Work on variations of this – Low and hard; Half and medium; High and soft. This is hit with some spin either coming out parallel to back wall or rebounding to back wall at an angle jamming opponent.
- **Aerobic shot making – This is a good warmup or finish to the drill period. It should be done for a specific time period. I would go 10 minutes, until that seems easy.**
 - Start at back forehand corner. Set up ball off backwall. Hit it for low down the line pass. Continue until Good shot, then run to service safety line (dashed); shuffle to other side; run up to short line; shuffle to other side; run up to front service line; shuffle to other side; run to front wall; shuffle to other side; shuffle as if going for a ceiling ball all the way to back corner; run to other side and hit Good shot off backwall; run to service safety line etc...Do this until the determined time. Bring a watch onto the court . Focus on racket being in early prep position and knees bent when moving. Do this drill EVERYTIME you do alone

drills

With a Partner:

- Try to hook up with a partner or coach once a week to do these drills. Focus should be on positioning; footwork, shot selection and consistent play. Write in the journal what worked and what needs work. How were you scoring points? How was your partner scoring points?

- 3 Shot rally – To work on return of serve; shot selection; positioning...
 - Hit 10 drive serves, mixing up to forehand and backhand. Serve must be in play (not short or long etc..) to count..Receiver returns shot based on position of server etc.. (best shots will generally be DTL and ceiling). Server positions into center court after serving at an angle to receiver anticipating their return; Server returns return...rally is over. Serve again... After 10 serves, change places.
 - Hit 10 Lobs, mixing up to forehand and backhand. Same rally as above...
 - Hit 10 Z's, mixing up types and to forehand and backhand. Same rally as above...

- Single panel – Work on shot selection and keeping ball low...
 - Play a game to 15 or 21.
 - Other than serve and “good” ceiling balls, shots must be under the one panelt level. If above, the shot is not good and player loses point or serve.

- Rally scoring game – Work on serves and playing 100% each point....
 - Play a game to 21
 - Points are scored on each rally. Server serves for 5 points whether they win the point or not (like Ping Pong)
 - When serving, focus on a specific serve for those 5 points (drive only, Lob Nic only etc...)
 - First one to 21 wins..

- Shot selection – Work on brain being involved in shot selection...
 - Play a game to 15
 - During each shot, offensive player (one taking the shot) yells out the shot they are to make (DOWN THE LINE....CROSS COURT...etc...)
 - Concentrate on making your opponent move the furthest distance to the ball.

* Brain Exercise (Not with partner) – Read Racquetball Thoughts on a regular basis. Before bed is good. Have a copy with you and read before a match. The more you read these, the more your brain and body will believe them to be true...Really...