

Racquetball-some basic concepts....

- Serve is one time you have 100% control. Take advantage of this...
- Pass when opponent in front of you and Pinch when they are behind you..
 - Pinch to the side they are on..
- Do not Pinch a Pinch.....
- Serve to the corners..
- Get opponent out of Center and you get in Center....
- Hit the shot that will make opponent move the furthest distance....
- Keep shoulders level with the floor, unless going to the ceiling...
- When returning serve, remember that server has Center Court advantage...Get them out with pass or ceiling. Kill or Pinch are very low percentage shots here.
- Always return to Center after hitting the ball..
- Keep eye on ball.....