

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.....

Junior Racquetball

Shots:

- **Down the line pass***
- **Cross court pass***
- **Wide angle pass**
- **Ceiling ball***
- **Kill shot**
- **Rollout**
- **Pinch**
- **Reverse pinch**
- **Splat**
- **Z**
- **Around the Wall Ball**

Serves:

- **Drive ***
- **“V”***
- **Lob***
- **Lob Nick**
- **Half lob**
- **Half Lob Nick**
- **Z**