

Lesson One, Forehand & Backhand Strokes, Shuffle, Rules, Serve/Receive and Rally

www.YouTube.com Instructions Included. (Press Ctrl + Click on link if on Computer)

1. Explain if you like speed and noise, you will love this sport!
2. Talk about hitting the ball to the front wall like you are playing tennis and the front wall is the tennis net with alternating hits back and forth. In racquetball we love the kill shot but it is not the only shot...passing, angles, ceiling, and back wall make it like an air hockey table. Have students watch you execute the options, especially the side wall shots which always end up in the middle.
3. Explain the basic rules of the game.
 - <https://www.teamusa.org/usa-racquetball/rules>
4. Talk about why we wear eyeguards.
 - Eyeguards will protect your eyes if there is a miss hit; but more than that, they give you confidence to turn your head to watch the ball and your opponent, lessening the fear of getting hit.
 - Plus, watching helps us make a good shot where our opponent is not.
5. With eyeguards on, wrist wraps secure, everyone tap ball in the center of their racquet to the floor.
6. Tap and walk up and down the court, hitting ball to the floor.
 - [Junior Racquetball Tap Ball in Wall](#) (Press Ctrl + Click if on computer)
 - [Junior Racquetball Tap Ball and Walk](#)
7. Shuffle drills up and down the court facing side walls.
 - Hold racquet waist high. [Junior Racquetball Shuffle Drills](#)
8. Stretches with Racquet. [Junior Racquetball Stretches](#)
9. Racquetball Pledge and Safety Rules: [Junior Racquetball Pledge](#)
 - Repeat after me: I will not, (I will not) swing my racquet, (swing my racquet) if anyone is too close to me. (If anyone is too close to me) Have them hold their racquet in the air when reciting.
 - Explain a racquet is an adult toy, you can hurt someone seriously if you are not careful.
 - Say “**Stop**” if you are afraid...you will hit your opponent with:
 - 1) the ball,
 - 2) the racquet,
 - 3) or body-to-body contact.

10. Divide court in half, show forehand grip, do (drop and hit) drill with instructor. Focus on:

- Racquet up by ear
- Contact in the center or inside front foot.
- Follow through with wrist snap and across waistline.
- Practice Skeleton Drill first to make sure they hear a “Swish”.

[Junior Racquetball Forehand Skeleton Drill](#)

[Junior Racquetball Forehand Drop and Hit](#)

11. Toss from behind, have them shuffle and hit the ball, then toss off back wall (multi-bounce).

- [Junior Racquetball Toss from Behind](#)
- [Junior Racquetball Toss off Back Wall Forehand](#)

12. Teach backhand grip, draw a sword, do (drop and hit) drill. Focus on:

- Racquet up by ear, look through strings to back wall corner.
- Contact outside front foot.
- Follow through is a **pull** with shoulder and release.
- Practice Skeleton Drill first to make sure they hear a “Swish”.

[Junior Racquetball Backhand Skeleton Drill](#)

[Junior Racquetball Backhand Drop and Hit](#)

13. Toss from behind, have them shuffle and hit the ball, then toss off back wall (multi-bounce).

- [Junior Racquetball Backhand Toss from Behind and Hit](#)
- [Junior Racquetball Backhand Toss off Back Wall and Hit](#)

14. Teach how to serve, service box rules, receiver stance.

- [Junior Racquetball Server/Receiver](#)

15. Instructor serves and they hit to the front wall (have them wait for the ball to come off back wall), shuffle and hit (multi-bounce).

- [Junior Racquetball Instructor Serves to Forehand Multi-Bounce off Back Wall](#)
- [Junior Racquetball Instructor Serves to Left Side and Multi-Bounce off Back Wall](#)

16. Students Serve: [Junior Racquetball Server/Receiver](#)

- Drop and hit. Practice with a forehand stroke to forehand and left side.
- Have student stand in the middle to serve.
- As soon as the ball crosses the short line, back out quickly to dashed line looking over shoulder to see where your ball and opponent are at.

17. Begin to rally with them, explain the word “stop”. Say **“Stop”** if afraid there might be contact:
- ball to body,
 - racquet to body,
 - body to body.
18. Make sure they watch the ball and the opponent, so they do not get in the way of the shot and get potentially hit.
- Also, they need to not swing until the area is safe.
19. If students are executing safely, instructor stands at the back center and monitors play of 2 kids. [Junior Racquetball Multi-Bounce Rally](#)
- Four rules **for Multi Bounce**:
 - 1) If the ball rolls on the floor, do not swing, the ball is dead.
 - 2) If the ball comes off the back wall, the student must strike the ball before it crosses the short-line. (Instructor’s Discretion)
 - 3) If the ball strikes high on the front wall and flies to the back wall, the player may hit the ball coming off the back wall and hit it to the front wall, including past the short-line.
 - 4) An Option: If they whiff the ball in the beginning, encourage them to try again if they are safe. Eventually, take away a whiffed ball because they need to focus on hitting the ball the first time.
- 20.**** Encourage kids to always hit off the back wall to the front wall until they can prove to be safe, then the instructor can teach turn and hit. (Lesson 2) So, when they are ready, they can take it in the air or hit the ball if it is dribbling upfront or is just past the short line.**
21. If they are safe, instructor leaves the court and watches them have fun chasing the ball.
22. If time, finish by playing an eye-hand coordination game: Toss the ball to a partner facing each other, start at the service box and work your way to the back and front wall. If they drop the ball, they must start over.
- [Junior Racquetball Partner Catch Drill](#)