

RACQUETBALL DRILL PROGRAM

Get the results you're looking for!

perfect practice makes perfect

THE RACQUETBALL DRILL PROGRAM IS DESIGNED FOR PEOPLE LIKE YOU— COMPETITIVE RACQUETBALL PLAYERS WHO RECOGNIZE THE VALUE OF PRACTICE AND WANT TO BENEFIT FROM IT

They say there's nothing wrong with a little healthy competition. We couldn't agree more. And that's why we have developed the racquetball drill program to help you get the most out of your practice sessions.

The format is simple. Start with a practice swing to warm-up followed by a drop and hit forehand drill from the three main positions on the court. Repeat to the backhand side from all three positions. When your skill improves and your accuracy increases, progress to the next level.

There is no need to rush through the drill progressions. The goal is to perfect your technique, and develop your accuracy before moving to the next level.



DRILL PROGRESSIONS

- ▶ Practice Swing
- ▶ Drop and Hit - self and partner
- ▶ Self Feed
- ▶ Partner Feed
- ▶ Serve Return
- ▶ 3 Shot Rally
- ▶ Practice Game
- ▶ Competition

It doesn't matter if you are working on a down-the-line pass or a pinch shot—the order of drill progressions will always be the same. And there will always be lots to practice.

Once you learn and understand the basic format, you will realize how fun and easy it is to apply these drills to every aspect of your game. Your skills will improve and you will gain the confidence you need to execute the most difficult shots during a competition.

3 EASY STEPS TO PRACTICING RACQUETBALL



1. Arrange to meet your coach or training partner 2-3 times a week to practice.

Practicing 2-3 times a week will help you get the best results. This can be done before or after your league games.

2. Decide which skills you will be practicing and use the checklists to help you develop a practice plan.



Your coach can help you identify the areas you need to work on. Develop a plan for the year and break the plan down into monthly, weekly and daily goals.



3. Step onto the court and practice.

Use the Racquetball Drill Program to practice several different shots and serves during each practice.