

Racquetball

PROFESSIONAL INSTRUCTIONS

See back for details

by Steve Keeley



Audio Cassette/Booklet Course

Lessons made easy

About the Author

Steve Keeley was born in Schenectady, New York on February 8, 1949. Steve started playing paddle ball, while earning a degree in veterinary medicine (D.V.M.) from Michigan State University. Soon he was intramural champ, and within a year, he won (the first of six) National Paddle ball Titles.

Steve put aside his veterinary practice to become a professional racquetball player. Today, Steve is respected as one of the most experienced player and instructor since the game's inception.

Now, Steve has combined his playing secrets and his teaching ability to offer you Racquetball Lessons Made Easy, in a unique audio cassette/booklet course.

About the Keeley Cassette course

Racquetball Lessons Made Easy is a unique audio-cassette/booklet approach to a complete racquetball course. For the first time, you can listen to an expert on two 1-hour cassettes and then see what he's talking about as he refers you to the FotoBooklet.

Improve or correct your game whether you're a beginner, an intermediate or an advanced player. LISTEN as an expert reveals the secrets of good racquetball play, then WATCH as each lesson is visually demonstrated. Learn racquetball quickly and correctly.



Racquetball Lessons Made Easy

by Steve Keeley

An Audio Cassette/Booklet Course



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Table of Contents

LESSON 1 Rules Pages 2-5

- I. The Game
- II. Equipment

LESSON 2

- I. Forehand
- II. Backhand
- III. Additional Stroke Pointers
- IV. Practice Exercises

LESSON 3

- I. The Service
- II. Service Return

LESSON 4

- I. Offensive Shots Include the Passes, Kills and Backwall Play
- II. When to Hit an Offensive Shot
- III. Pass Shots — Down-The-Liners and Cross-Court
- IV. Kill Shots
- V. Back Wall Play

LESSON 5

- I. Defensive Shots — Z-Ball, Around-the-Wall Ball and Ceiling Ball
- II. Other Shots — Volley, Half-Volley, Drop Shot and Overheads

LESSON 6

- I. Singles Strategy
- II. Doubles Strategy
- III. Court Potpourri

CASSETTE/BOOKLET OUTLINE

RULES OF RACQUETBALL

FOUR-WALL

PART 1. THE GAME

Rule 1.1—Types of Games.

Racquetball may be played by two or four players. When played by two it is called "singles," and when played by four, "doubles."

Rule 1.2—Description.

Racquetball, as the name implies, is a competitive game in which a racquet is used to serve and return the ball.

Rule 1.3—Objective.

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a side makes an error, or is unable to return the ball before it touches the floor twice.

Rule 1.4—Points and Outs.

Points are scored only by the serving side when it serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an "out" in singles, and a "handout" in doubles.

Rule 1.5—Game.

A game is won by the side first scoring 21 points.

Rule 1.6—Match.

A match is won by the side first winning two games.

PART II. COURTS AND EQUIPMENT

Rule 2.1—Courts.

The specifications for the standard four-wall racquetball court are:

(a) **Dimension.** The dimensions shall be 20 feet wide, 20 feet high, and 40 feet long, with back wall at least 12 feet high.

(b) **Lines and Zones.** Racquetball courts shall be divided and marked on the floors with 1½ inch wide red or white lines as follows:

(1) **Short Line.** The short line is midway between and is parallel with the front and back walls dividing the court into equal front and back courts.

(2) **Service Line.** The service line is parallel with and located 5 feet in front of the short line.

(3) **Service Zone.** The service zone is the space between the outer edges of the short and service lines.

(4) **Service Boxes.** A service box is located at each end of the service zone by lines 18 inches from and parallel with each side wall.

(5) **Receiving Lines.** Five feet back of the short line, vertical lines shall be marked on each side wall extending 3 inches from the floor. See Rule 4.7(a).

Rule 2.2—Ball Specifications.

The specifications for the standard racquetball are: Seamless 558. The ball shall be 2½ inches in diameter; weigh approximately 1.40 ounces with a bounce at 67-72 inches from 100 inch drop at a temperature of 76 degrees F.

Rule 2.3—Ball Selection.

The ball shall be selected by the referee for use in each match in all tournaments. During a game the referee may, at his discretion or at the request of either player or team, select another ball. Balls that are not round or which bounce erratically shall not be used. The Seamless 558 ball is official for all IRA sanctioned tournaments.

Rule 2.4—Racquet Specifications.

(a) **Official Racquet.** Any racquet which carries the endorsed stamp of approval from the IRA is an official racquet.

(b) **Dimensions.** The official racquet will have a maximum head length of 11 inches and a width of 9 inches. These measurements are computed from the outer edge of the racquet head rims. The handle may not exceed 7 inches in length. Total length and width of the racquet may not exceed a total of 27 inches.

(c) The racquet must include a thong that must be securely wrapped on the player's wrist.

(d) The racquet frame may be made of any material, as long as it conforms to the above specifications.

(e) The strings of the racquet should be gut, monofilament or nylon. Metal or steel strings are permitted only if they do not mark or deface the ball.

Rule 2.5—Uniform.

The basic body of the uniform must be a light or bright color so as not to blend in with the black ball when it passes close to the body of the player. The uniform trim and shoes may be of any color. The front of the pants and shirt may contain a decal not measuring over five inches in any dimension. The decal may contain a club insignia or commercial advertising of any kind. The back of the uniform must be completely unadorned except that a player's name may be placed in one horizontal line across a shirt in letters not over three inches high. Doubles teams should wear similar colors to ease problems of referee identification. Warmup suits not worn in actual play may be of any color and may have any insignia anywhere. Players may not play without shirts in tournament competition.

PART III. OFFICIATING

Rule 3.1—Tournaments.

All tournaments shall be managed by a committee or chairman, who shall designate the officials.

Rule 3.2—Officials.

The officials shall include a referee and a scorer. Additional assistants and record keepers may be designated as desired.

Rule 3.3—Qualifications.

Since the quality of the officiating often determines the success of each tournament, all officials shall be experienced or trained, and shall be thoroughly familiar with these rules and with the local playing conditions.

Rule 3.4—Rule Briefing.

Before all tournaments, all officials and players shall be briefed on rules and on local court hinders or other regulations.

Rule 3.5—Referees.

(a) **Pre-Match Duties.** Before each match commences, it shall be the duty of the referee to:

(1) Check on adequacy of preparation of the court with respect to cleanliness, lighting and temperature, and upon location of locker rooms, drinking fountains, etc.

(2) Check on availability and suitability of all materials necessary for the match such as balls, towels, score cards and pencils.

(3) Check readiness and qualifications of assisting officials.

(4) Explain court regulations to players and inspect the compliance of racquets with rules.

(5) Remind players to have an extra supply of adequate racquets and uniforms.

(6) Introduce players, toss coin, and signal start of first game.

(b) **Decisions.** During games the referee shall decide all questions that may arise in accordance with these rules. If there is body contact on the back swing, the player should call it quickly. On all questions involving judgment and on all questions not covered by these rules, the decision of the referee is final.

(c) **Protests.** Any decision **not** involving the judgment of the referee may on protest be decided by the chairman, if present, or his delegated representative.

(d) **Forfeitures.** A match may be forfeited by the referee when:

(1) Any player refuses to abide by the referee's decision, or engages in unsportsmanlike conduct.

(2) After warning, any player leaves the court without permission of the referee either during a game or between the first and second games.

(3) Any player for a singles match, or any team for a doubles match fails to report to play. Normally, 20 minutes from the scheduled game time will be allowed before forfeiture. The tournament chairman may permit a longer delay if circumstances warrant such a decision.

(4) If both players for a singles, or both teams for doubles fail to appear to play for consolation matches or other playoffs, they shall forfeit their ratings for future tournaments, and forfeit any trophies, medals, or awards.

(5) A third technical foul is assessed to any one player or team during the course of a match. See Rule 4.13.

Rule 3.6—Scorers.

The scorer shall keep a record of the progress of the game in the manner prescribed by the committee or chairman. As a minimum the progress record shall include the order of serves, outs, and points. The referee or scorer shall announce the score before each serve.

Rule 3.7—Record Keepers.

In addition to the scorer, the committee may designate additional persons to keep more detailed records for statistical purposes of the progress of the game.

PART IV. PLAY REGULATIONS

Rule 4.1—Serve, Generally.

(a) **Order.** The player or side winning the toss becomes the first server and starts the first game, and the third game, if any.

(b) **Start.** Games are started by the referee calling "play ball!"

(c) **Place.** The server may serve from any place in the service zone. No part of either foot may extend beyond either line of the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the service zone until the served ball passes short line. Violations are called "foot faults."

(d) **Manner.** A serve is commenced as the ball leaves the server's hand. The ball must bounce on the floor in the service zone and on the first bounce be struck by the server's racquet so that it hits the front wall first and on the rebound hits the floor back of the short line, either with or without touching one of the side walls.

(e) **Readiness.** Serves shall not be made until the receiving side is ready, or the referee has called "play ball."

Rule 4.2—Serve, In Doubles.

(a) **Server.** At the beginning of each game in doubles, each side shall inform the referee of the order of service, which order shall be followed throughout the game. Only the first server serves the first time up and continues to serve first throughout the game. When the first server is out — the side is out. Thereafter both players on each side shall serve until a hand-out occurs. It is not necessary for the server to alternate serves to their opponents.

(b) **Partner's Position.** On each serve, the server's partner shall stand erect with his back to the side wall and with both feet on the floor within the service box until the served ball passes the short line. Violations are called "foot faults."

Rule 4.3—Defective Serves.

Defective serves are of three types resulting in penalties as follows:

(a) **Dead Ball Serve.** A dead ball serve results in no penalty and the server is given another serve without cancelling a prior illegal serve.

(b) **Fault Serve.** Two fault serves result in a hand-out.

(c) **Out Serves.** An out serve results in a hand-out.

Rule 4.4—Dead Ball Serves.

Dead ball serves do not cancel any previous illegal serve. They occur when an otherwise legal serve:

(a) **Hits Partner.** Hits the server's partner on the fly on the rebound from the front wall while the server's partner is in the service box. Any serve that touches the floor before hitting the partner in the box is a short.

(b) **Screen Balls.** Passes too close to the server or the server's partner to obstruct the view of the returning side. Any serve passing behind the server's partner and the side wall is an automatic screen.

(c) **Court Hinders.** Hits any part of the court that under local rules is a dead ball.

Rule 4.5—Fault Serves.

The following serves are faults and any two in succession result in a hand-out:

(a) **Foot Faults.** A foot fault results:

(1) When the server leaves the service zone before the served ball passes the short line.

(2) When the server's partner leaves the service box before the served ball passes the short line.

(b) **Short Serve.** A short serve is any served ball that first hits the front wall and on the rebound hits the floor in front of the back edge of the short line either with or without touching one side wall.

(c) **Three-Wall Serve.** A two-side serve is any ball served that first hits the front wall and on the rebound hits two side walls on the fly.

(d) **Ceiling Serve.** A ceiling serve is any served ball that touches the ceiling after hitting the front wall either with or without touching the floor.

(e) **Long Serve.** A long serve is any served ball that first hits the front wall and rebounds to the back wall before touching the floor.

(f) **Out-of-Court Serve.** Any ball going out of the court on the serve.

Rule 4.6—Out Serves.

Any one of the following serves results in a hand-out:

(a) **Bounces.** Bouncing the ball more than three times while in the service zone before striking the ball. One bounce is counted each time the ball hits the floor within the service zone. Once the server is within the service zone and the receiver is ready, the ball may not be bounced anywhere but on the floor within the service zone. Accidental dropping of the ball counts as one bounce.

(b) **Missed Ball.** Any attempt to strike the ball on the first bounce that results either in a total miss or in touching any part of the server's body other than his racquet.

(c) **Non-Front Serve.** Any served ball that strikes the server's partner, or the ceiling, floor or side wall, before striking the front wall.

(d) **Touched Serve.** Any served ball that on the rebound from the front wall touches the server, or touches the server's partner while any part of his body is out of the service box, or the server's partner intentionally catches the served ball on the fly.

(e) **Out-of-Order Serve.** In doubles, when either partner serves out-of-order. Any points which may have been scored during an out-of-order serve will be automatically void with the score reverting to the score prior to the out-of-order serve.

(f) **Crotch Serve.** If the served ball hits the crotch in the front wall it is considered the same as hitting the floor and is an out. A crotch serve into the back wall is good and in play.

Rule 4.7—Return of Serve.

(a) **Receiving Position.** The receiver or receivers must stand at least 5 feet back of the short line, as indicated by the 3 inch vertical line on each side wall, and cannot return the ball until it passes the short line. Any infraction results in a point for the server.

(b) **Defective Serve.** To eliminate any misunderstanding the receiving side should not catch or touch a defectively served ball until called by the referee or it has touched the floor for the second time.

(c) **Fly Return.** In making a fly return, no part of the receiver's body or racquet may enter into the service zone. A violation by a receiver results in a point for the server.

(d) **Legal Return.** After the ball is legally served, one of the players on the receiving side must strike the ball with his racquet either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball may not touch the floor before striking the front wall. It is legal to return the ball by striking the ball into the back wall first, then hitting the front wall on the fly or after hitting the sidewall or ceiling.

(e) **Failure to Return.** The failure to return a serve results in a point for the server.

Rule 4.8—Changes of Serve.

(a) **Hand-out.** A server is entitled to continue serving until:

(1) Out Serve. He makes an out serve under Rule 4.6 or;

(2) Fault Serves. He makes two fault serves in succession under Rule 4.5, or;

(3) Hits Partner. He hits his partner with an attempted return before the ball touches the floor a second time.

(4) Return Failure. He or his partner fails to keep the ball in play by returning it as required by Rule 4.7(d).

(5) Avoidable Hinder. He or his partner commits an avoidable hinder under Rule 4.11.

(b) **Side-Out.** In singles, retiring the server retires the side. In doubles, the side is retired when both partners have been put out except on the first serve as provided in Rule 4.2(a).

(c) **Effect.** When the server or the side loses the serve, the server or serving side shall become the receiver; and the receiving side, the server; and so alternately in all subsequent services of the game.

Rule 4.9—Rallies.

Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:

(a) **One or Both Hands.** Only the head of the racquet may be used at any time to return the ball. The ball must be hit with the racquet in one or both hands. The use of any portion of the body is an out.

(b) **One Touch.** In attempting returns, the ball may be touched only once by one player on the returning side. In doubles both partners may swing at, but only one may hit the ball. Each violation of (a) or (b) results in a hand-out or point.

(c) **Return Attempts.**

(1) In singles, if a player swings at but misses the ball in play, the player may repeat his attempts to return the ball until it touches the floor for the second time.

(2) In doubles, if one player swings at but misses the ball, both he and his partner may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

(3) **Hinders.** In singles or doubles, if a player swings at but misses the ball in play, and in his, or his partner's attempt again to play the ball there is an unintentional interference by an opponent it shall be a hinder. (See Rule 4.10.)

(d) **Touching Ball.** Except as provided in Rule 4.10(a)(2), any touching of a ball before it touches the floor the second time by a player other than the one making a return is a point or out against the offending player.

(e) **Out of Court Ball.**

(1) After Return. Any ball returned to the front wall which on the rebound or on the first bounce goes into the gallery or through any opening in the side wall shall be declared dead and the serve replayed.

(2) No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side or back wall, shall be an out or point against the players failing to make the return.

(f) **Dry Ball.** During the game and particularly on service every effort should be made to keep the ball dry. Deliberately wetting shall result in an out. The ball may be inspected by the referee at any time during a game.

(g) **Broken Ball.** If there is any suspicion that a ball has broken on the serve or during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken or otherwise defective, a new ball shall be put into play and the point replayed.

(h) **Play Stoppage.**

(1) If a player loses a shoe or other equipment, or foreign objects enter the court, or any other outside interference occurs, the referee shall stop the play.

(2) If a player loses control of his racquet, time should not be called until after the point has been decided, providing the racquet does not strike an opponent or interfere with ensuing play.

Rule 4.10—Dead Ball Hinders.

Hinders are of two types — "dead ball" and "avoidable." Dead ball hindes as described in this rule result in the point being played. Avoidable hindes are described in Rule 4.11.

(a) **Situations.** When called by the referee the following are dead ball hindes:

(1) Court Hindes. Hits any part of the court which under local rules is a dead ball.

(2) Hitting Opponent. Any returned ball that touches an opponent on the fly before it returns to the front wall.

(3) Body contact. Any body contact with an opponent that interferes with seeing or returning the ball.

(4) Screen Ball. Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball. See Rule 4.4(b).



PART V. TOURNAMENTS

(5) **Straddle Ball.** A ball passing between the legs of a player on the side which just returned the ball, if there is no fair chance to see or return the ball.

(6) **Other Interference.** Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.

(b) **Effect.** A call by the referee of a "hinder" stops the play and voids any situation following, such as the ball hitting a player. No player is authorized to call a hinder, except on the back swing or from accidentally stepping on an opponent's foot. Such a call should be made immediately, as provided in Rule 3.5(b). The decision of the referee will be final as to whether or not the violation impeded the ensuing rally.

(c) **Avoidance.** While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the duty of the side that has just served or returned the ball to move so that the receiving side may go straight to the ball and not be required to go around an opponent. The referee should be liberal in calling hinders to discourage any practice of playing the ball where an adversary cannot see it until too late. It is no excuse that the ball is "killed," unless in the opinion of the referee the ball could not be returned. Hinders should be called without a claim by a player, especially in close plays and on game points.

(d) **In Doubles.** In doubles, both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a hinder even though it naturally would be his partner's ball and even though his partner may have attempted to play the ball or that he may already have missed it. It is not a hinder when one player hinders his partner.

Rule 4.11—Avoidable Hinders.

An avoidable hinder results in an out or a point depending upon whether the offender was serving or receiving.

(1) **Failure to Move.** Does not move sufficiently to allow opponent his shot.

(2) **Blocking.** Moves into a position affecting a block on the opponent about to return the ball, or, in doubles, one partner moves in front of an opponent as his partner is returning the ball.

(3) **Moving into Ball.** Moves in the way and is struck by the ball just played by his opponent.

(4) **Punching.** Deliberately pushes or shoves opponent during a rally.

Rule 4.12—Rest Periods.

(a) **Delays.** Deliberate delay exceeding ten seconds by server, or receiver shall result in an out or point against the offender.

(b) **Time-Outs.** During a game each player in singles, or each side in doubles, either while serving or receiving may request a "time-out" for a towel, wiping glasses, change or adjustment. Each time-out shall not exceed 30 seconds. No more than three time-outs in a game shall be granted each singles player or each time in doubles. No player may call a time-out once the ball is in play. See Rule 4.1(d).

(c) **Injury.** No time-out shall be charged to a player who is injured during play. An injured player shall not be allowed more than a total of fifteen minutes of rest. If the injured player is not able to resume play after total rests of 15 minutes the match shall be awarded to the opponent or opponents. On any further injury to same player, the Commissioner, if present, or committee, after considering any available medical opinion shall determine whether the injured player will be allowed to continue.

(d) A time-out may be called by the referee, at the request of a player and after substantiation by the referee, because of faulty equipment or uniform. Two minutes are to be allowed for any uniform adjustment needed and 30 seconds for any equipment adjustment.

(e) **Between Games.** A two-minute rest period is allowed between the first and second games, at which times the players should NOT leave the court without approval of the referee. A ten-minute rest period is allowed between the second and third games, at which time players may leave the court.

(f) **Postponed Games.** Any games postponed by referee shall be resumed with the same score as when postponed.

Rule 4.13—Technical Foul.

Results in a point or side-out. It may be called by a referee at any time, whenever he feels that a player has executed or exhibited unsportsmanlike conduct either vocally or by any other means during the course of a match. A third technical foul called upon any one single player during the course of a match will result in the automatic, immediate forfeiture of that match.

Rule 4.14—Age Group Division.

Age is determined as of the first day of the tournament.

(a) **Female.** Open division only. (This is subject to change at the discretion of the tournament committee, depending on the size of the draw.)

(b) **Male.**

(1) Junior Open—18 and under.

(2) Open—everyone is eligible.

(3) Senior Open—35 years and over.

(4) Masters—45 years and over.

(5) Golden Masters—55 years and over.

(c) **Doubles Team.** Ages apply as above.

Rule 5.1—Draws.

(a) If possible, all draws shall be made at least two days before the tournament commences. The seeding method of drawing shall be approved by the International Racquetball Association (IRA).

(b) The draw and seeding committee shall be chaired by the IRA Executive Director and shall consist of the Executive Director, the National Coordinator, National Seeding Chairman, and the host tournament chairman. No other persons shall participate in the draw or seeding unless at the invitation of the draw and seeding committee.

(c) In local, state and divisional tournaments the draw shall be the responsibility of the tournament chairman. In regional play the tournament chairman should work in coordination with the IRA representative at the tournament.

Rule 5.2—Scheduling.

(a) **Preliminary Matches.** If one or more contestants are entered in both singles and doubles, they may be required to play both singles and doubles on the same day or night with little rest between matches. This is a risk assumed on entering both singles and doubles. If possible the schedule should provide at least a one-hour rest period between all matches.

(b) **Final Matches.** Where one or more players have reached the finals in both singles and doubles, it is recommended that the doubles match be played on the day preceding the singles. This would assure more rest between the final matches. If both final matches must be played on the same day or night, the following procedure is recommended:.

(1) The singles match be played first.

(2) A rest period of not less than ONE HOUR be allowed between the finals in singles and doubles.

Rule 5.3—Notice of Matches.

After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the committee or chairman to notify the players of the change.

Rule 5.4—Third Place.

In championship tournaments (national, regional, state, etc.), the loser in the semi-finals must play for third place or lose his ranking for the next year unless he is unable to compete because of injury or illness. See Rule 3.5(d).

(4).

Rule 5.5—IRA Regional Tournaments.

The United States and Canada are divided into a combined total of seven regions.

(a) A player may compete in only one regional tournament per year.

(b) The defined area of eligibility for a person's region is that of his permanent residence.

(c) A player can participate in only two events in a regional tournament.

(d) Awards and remuneration to the IRA International Championships will be posted on the entry blank.

Rule 5.6—Tournament Management.

In all IRA-sanctioned tournaments the tournament chairman and/or the national IRA official in attendance may decide on a change of courts after the completion of any tournament game if such a change will accommodate better spectator conditions.

Rule 5.7—Tournament Conduct.

In all IRA-sanctioned tournaments the referee is empowered to default a match if an individual player or team conducts itself to the detriment of the tournament and the game.

Rule 5.8—IRA Eligibility.

Any paid-up IRA member in good standing may compete in any IRA-sanctioned tournament.

Rule 5.9—IRA International Championship.

Starting in 1974, the International Singles and International Doubles are separated and will be played on two different weekends, with only four days (Thursday, Friday, Saturday and Sunday) allotted to each tournament. Each age category will be limited to a maximum 64-player draw. Each player will be limited to one event. There will be a consolation round in each division.

(a) **Qualifying Singles.** A player will have to qualify at one of the seven regional tournaments. Regions are East, South, Central, Southwest, West, East Canada and West Canada. See Rule 5.5(a).

(1) The International Ratings Committee will handle the rating of each region and determine how many players shall qualify from each regional tournament.

(2) All International finalists in each division will be exempt from qualifying for the same division the following year.

(3) There will be a tournament one day ahead of the International Tournament, at the same site, to qualify eight players in each division who were unable to qualify or who failed to qualify in the regionals.

(4) This rule is in force only when a division is obviously oversubscribed for the 64-player unit.

(b) **Qualifying, Doubles.** There will be no regional qualifying for doubles.

Rule 5.10—Intercollegiate Tournament.

It will be conducted at a separate date and location.

Rule 5.11—Invitational Tournaments.

Eligibility by invitation only to the top 16 players or teams.

Rule 5.12—Round Robin Invitational Tournaments.

Consist of 10 players (singles) or 10 teams (doubles). Tournament is conducted over three consecutive days. Each day's play consists of three (3) matches played on a round robin basis. Each match consists of one 31-point game. An individual or team limit of four times out is permitted for each match.

ONE-WALL & THREE WALL

Basically racquetball rules for one-wall, three-wall and four-wall are the same with the following exceptions:

ONE WALL: Court Size — Wall shall be 20 ft. in width and 16 ft. high, floor 20 ft. in width and 24 ft. from the wall to the back edge of the long line. There should be a minimum of 3 feet beyond the long line and 6 feet outside each side line and behind the long line to permit movement area for the players.

Short Line — Back edge 16 feet from the wall. **Service Markers** — lines at least 6 inches long parallel to and midway between the long and short lines, extending in from the side lines. The imaginary extension and joining of these lines indicates the service line. Lines are 1½ inches in width. **Service Zone** — floor area inside and including the short, side and service lines. **Receiving Zone** — floor area in back of short line bounded by and including the long and side lines.

THREE-WALL: Serve — A serve that goes beyond the side walls on the fly is player or side-out. A serve that goes beyond the long line on a fly but within the side walls is the same as a "short."

INSTRUCTIONS OF REFEREES TO PLAYERS

Introduce yourself to players and toss coin to determine first service. Mark on scoreboard the first service for all three games. In doubles use heads and tails of coin to designate first and second servers.

Alert players to any local court rulings.

Ask players for their aid in calling skip-ins and double bounces. Be sure they understand that the referee will make ALL calls and his decision will be final.

During play call out the score (server's total first) before each service. Be sure that players and spectators can hear you. Player should not serve until score has been called.

Inform players that they are allowed a maximum of three time-outs of 30 seconds each per game. Players are allowed two minutes between first and second games during which they cannot leave the court without the referee's approval. Ten minutes are allowed between second and third games.

INSTRUCTIONS TO REFEREE ON MATCH

Have ample supply of towels for time-outs and possible wet floor.

If you are uncertain of a play regarding double bounce or skip-in, call it as you see it. **DO NOT CALL ANYTHING YOU DO NOT SEE**, even if it appears that the player might not have picked up the ball. If such player did not get the ball it is his obligation to call it on himself. **NEVER ASK FOR THE OPINION OF SCORERS OR SPECTATORS.**

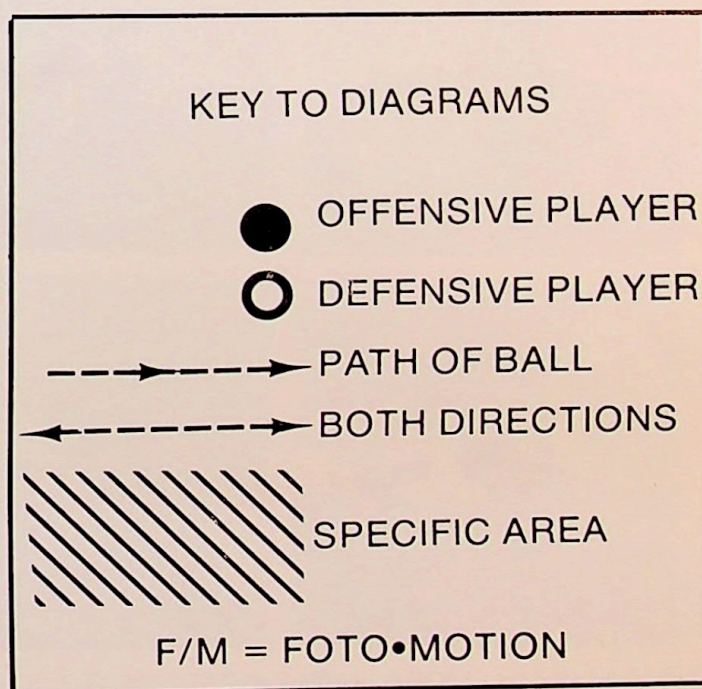
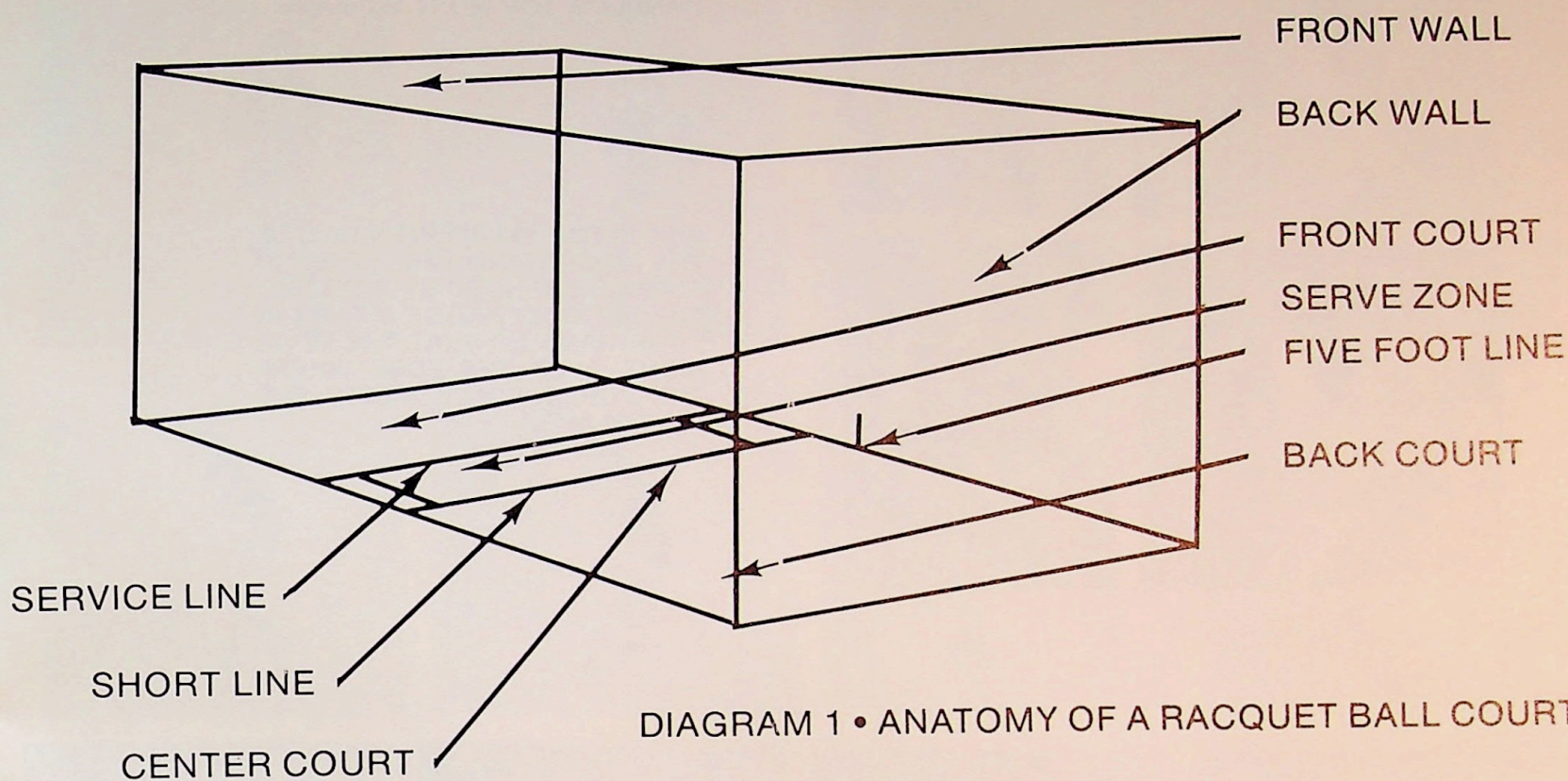
Referee calls ALL hinders except: 1. If the player holds up his swing to avoid hitting his opponent. If the player had an opportunity to hit the ball but did not for safety reasons, it is a hinder. 2. If both players agree that a hinder has occurred that the referee has not seen, such as bumping or stepping on a foot.

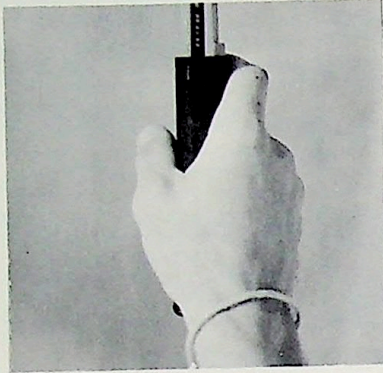
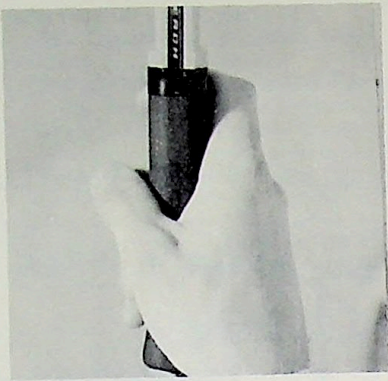
If a player is hit by a racquet because he did not give his opponent a full backswing and follow through ("crowding") it shall be an avoidable hinder.

Remember, in doubles BOTH players must be given a fair and unobstructed chance at the ball.

No "warnings" should be given during a match. Warn players before the match.

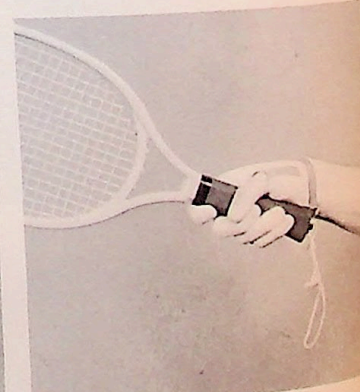
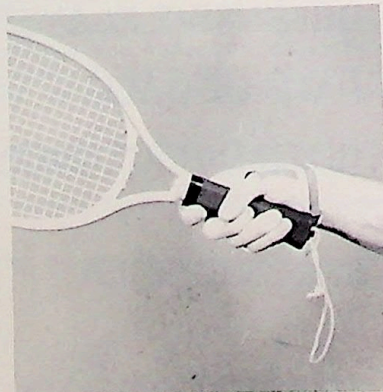
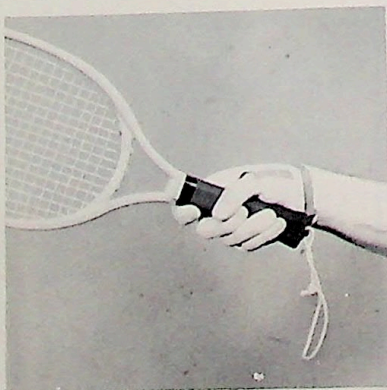
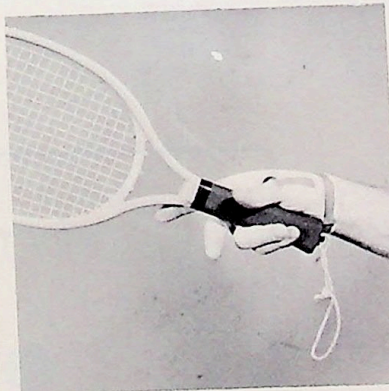
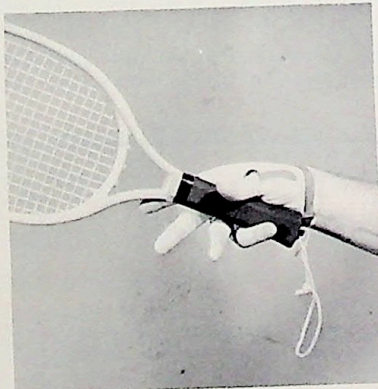
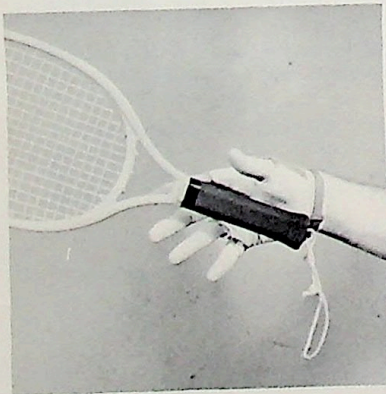




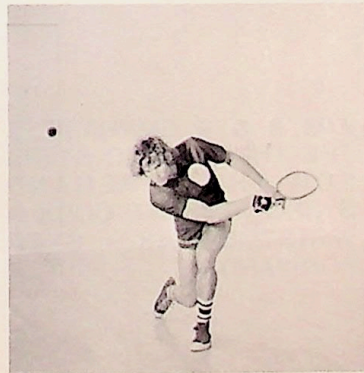
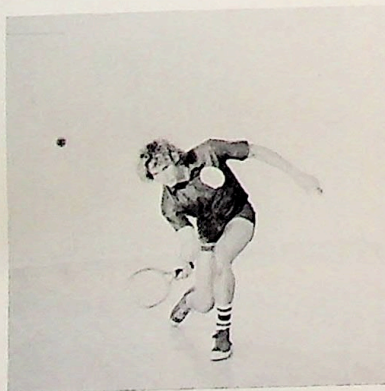
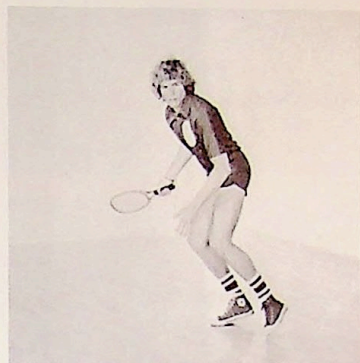


F/M 2 TOP 2A FRONT VIEWS OF THE FOREHAND GRIP. THE "V" FORMED BY THE JUNCTURE AT THE BASE OF THE THUMB AND THE INDEX FINGER LIES ON THE HANDLE'S TOP MOST SURFACE.

F/M 10 TOP 10A FRONT VIEWS OF THE BACK HAND GRIP. THE "V" FORM IS CHANGED BY ROTATING THE RACQUET 1/8 OF A TURN IN YOUR HAND SO THAT THE "V" IS RIGHT OVER THE EDGE WHERE THE TOP SURFACE MEETS THE FLAT PLANE.



F/M 4 SHOWS THE PROPER METHOD TO GRASP THE RACQUET.



F/M 5 READY POSITION, PIVOT RIGHT TURN STEPING BACK CROSS-OVER, PLANT REAR FOOT WHILE COILING SHOULDERS UNCOIL AS BODY WEIGHT TRANSFERS FORWARD TO LEAD FOOT. CONTACT BALL OFF TOE APPROX. 15". WRIST SNAP FOLLOW THROUGH.

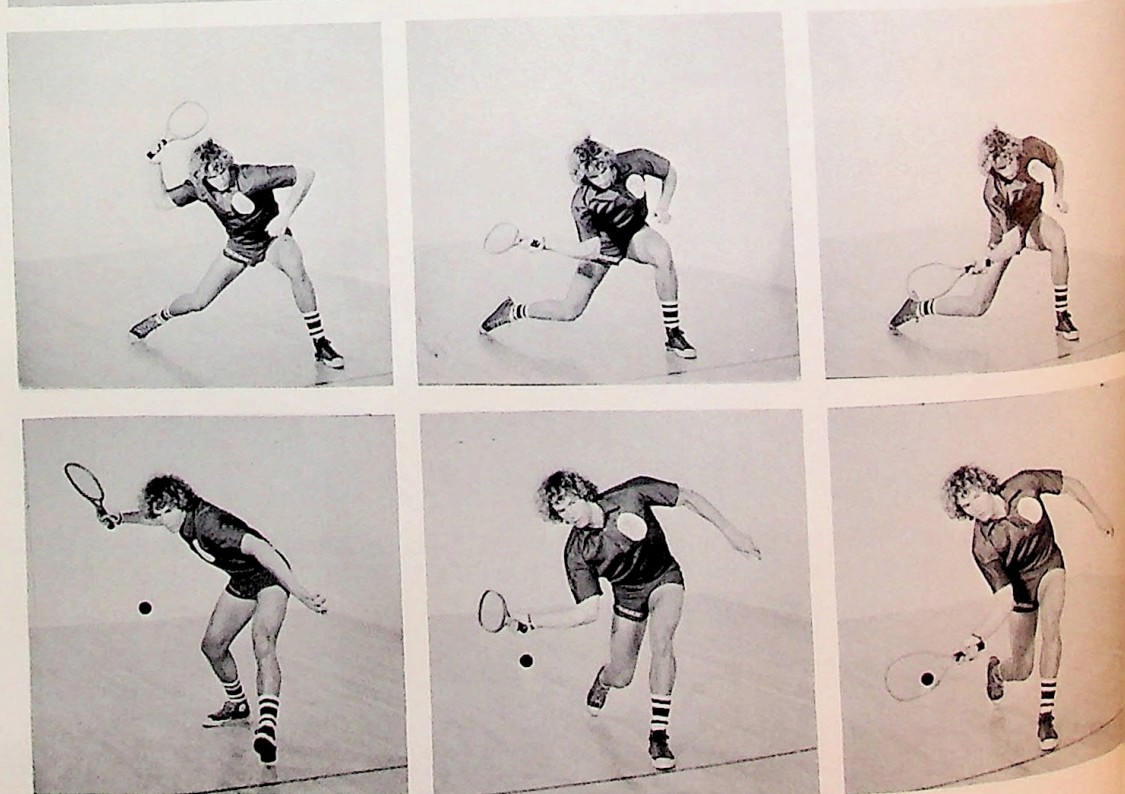


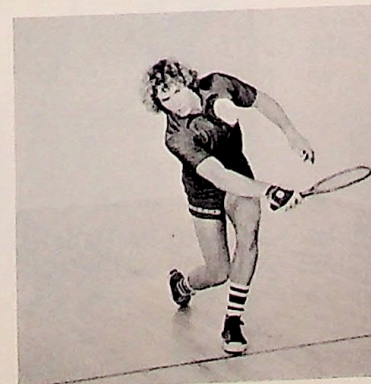
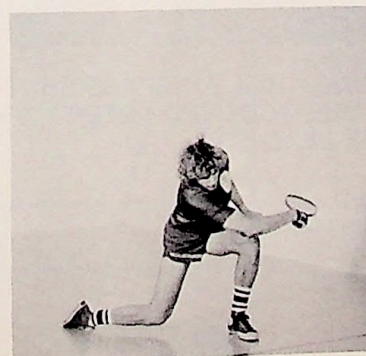
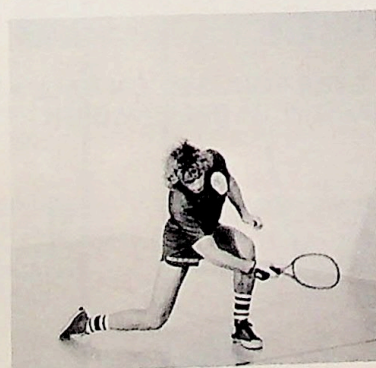
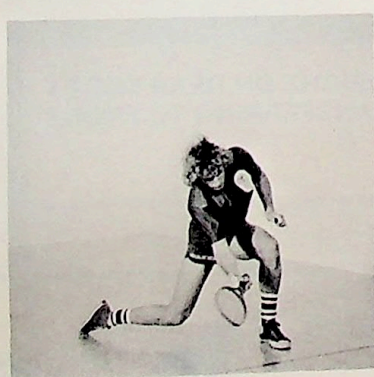
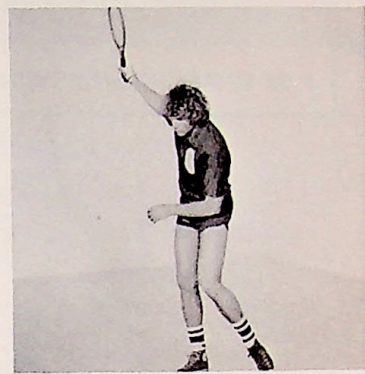
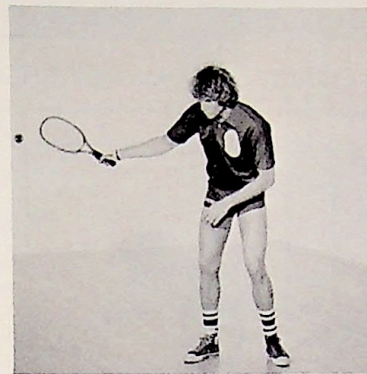
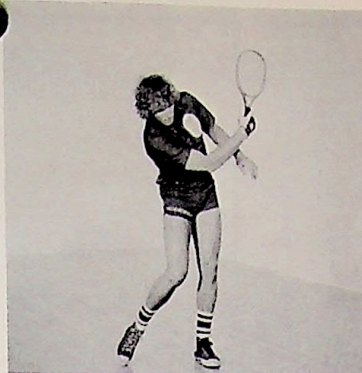
F/M 6 & 11 FOREHAND & BACKHAND PENDULUM SWING. EMPHASIZES HIP ROTATION WEIGHT TRANSFER AND SMOOTHNESS.

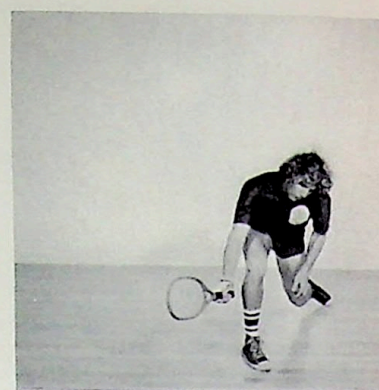
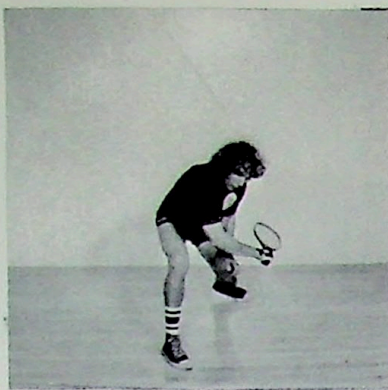
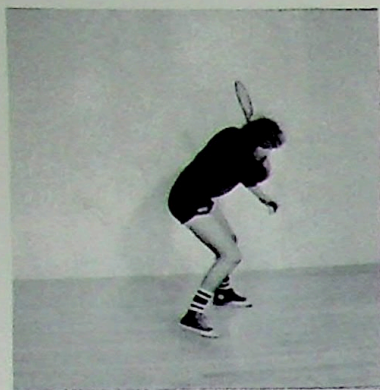
F/M 7 FOREHAND • BACK-WALL • KILL SHOT • EYES FOCUSED ON BALL • WEIGHT ON REAR FOOT • SHOULDERS COILED • RACQUET COCKED • STEPPING FORWARD WITH BALL • WEIGHT TRANSFERRING TO FRONT FOOT • CONTACT BALL OFF LEAD TOE • HEAL •



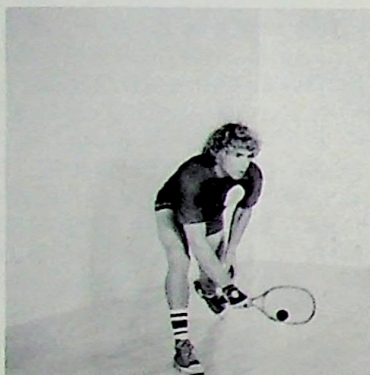
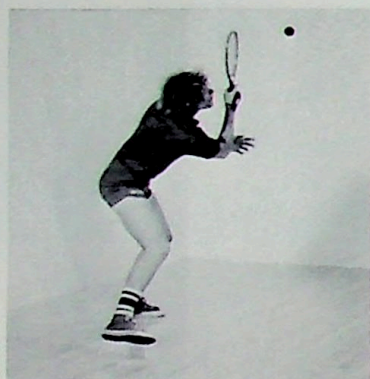
F/M 8 & 9 EMPHASIZES THE THREE BASIC STEPS FOR THE FOREHAND SWING • WRIST COCK • WRIST BREAK • STEP FORWARD •



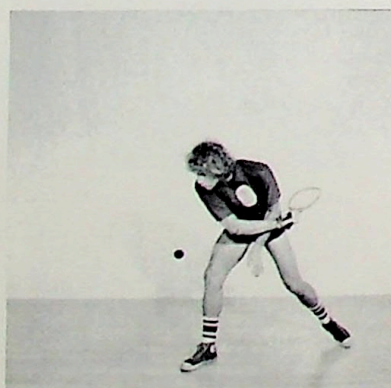
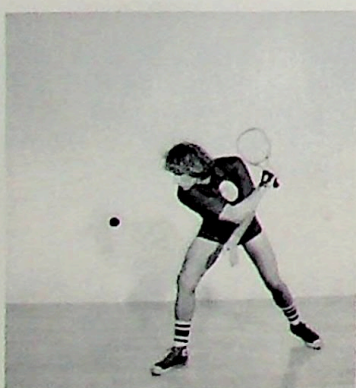




F/M 12 BACKHAND SWING • WRIST COCK • WRIST BREAK • STEP FORWARD •



F/M 13 BACKHAND • BACKWALL KILL AND PASS SHOT • EYES FOCUSED ON BALL • WEIGHT ON REAR FOOT • SHOULDERS COILED • RACQUET/COCKED • STEP FORWARD WITH BALL • WEIGHT TRANSFERRING TO FRONT FOOT • CONTACT BALL OFF LEAD TOE.



F/M 14 BACKHAND • BACKWALL KILL AND PASS SHOT • EYES FOCUSED ON BALL • WEIGHT ON REAR FOOT • SHOULDERS COILED • RACQUET COCKED • STEP FORWARD WITH BALL • WEIGHT TRANSFERRING TO FRONT FOOT • CONTACT BALL OFF LEAD TOE.

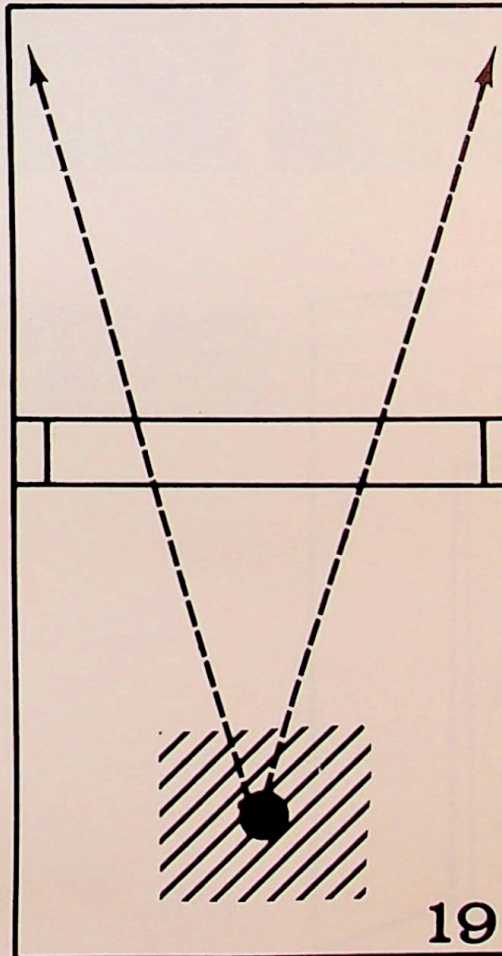
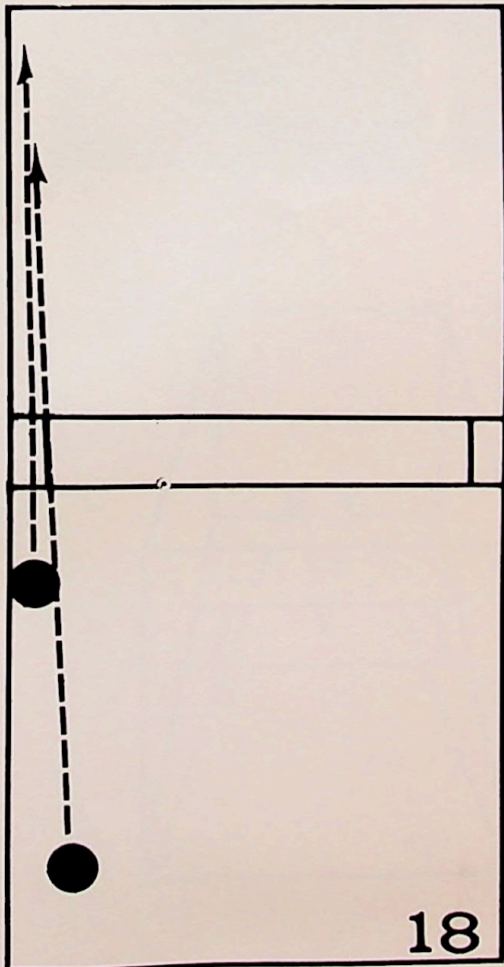
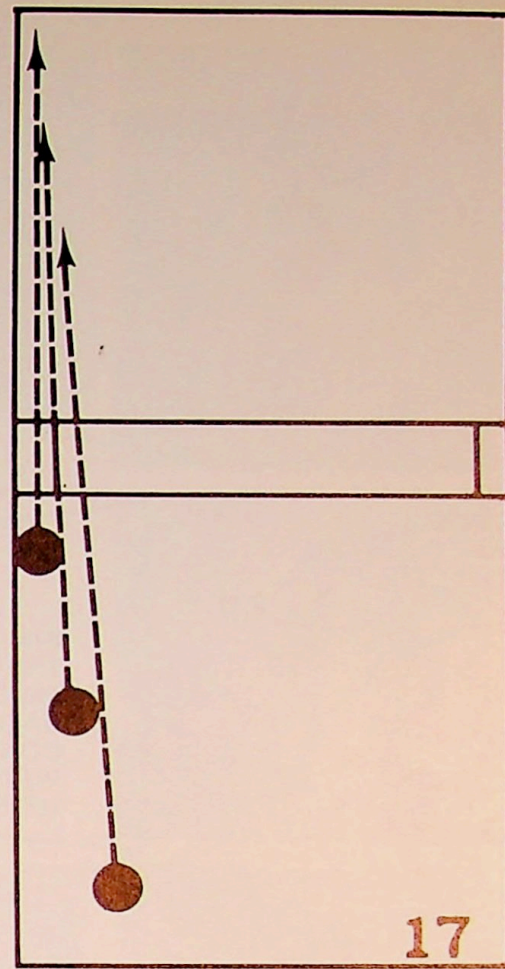
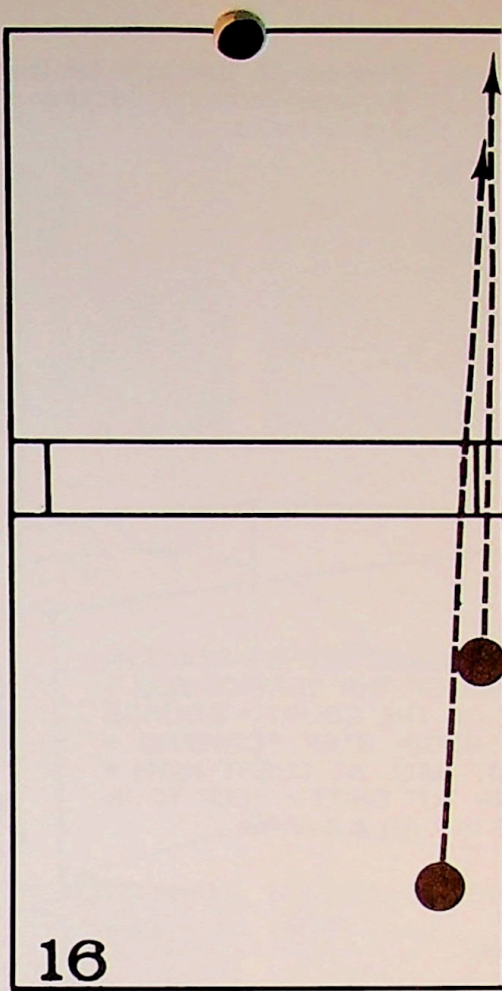
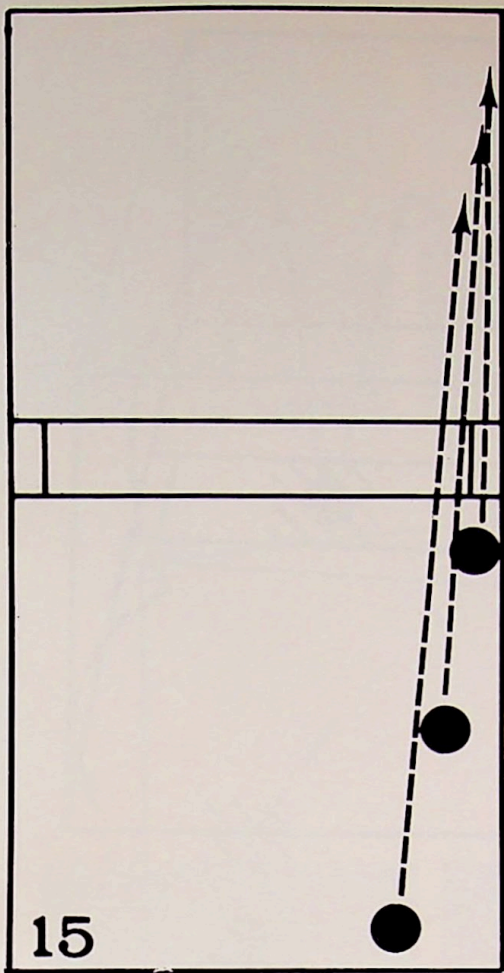


Diagram 15 forehand drop and hit and drop and kill drills from three stations.

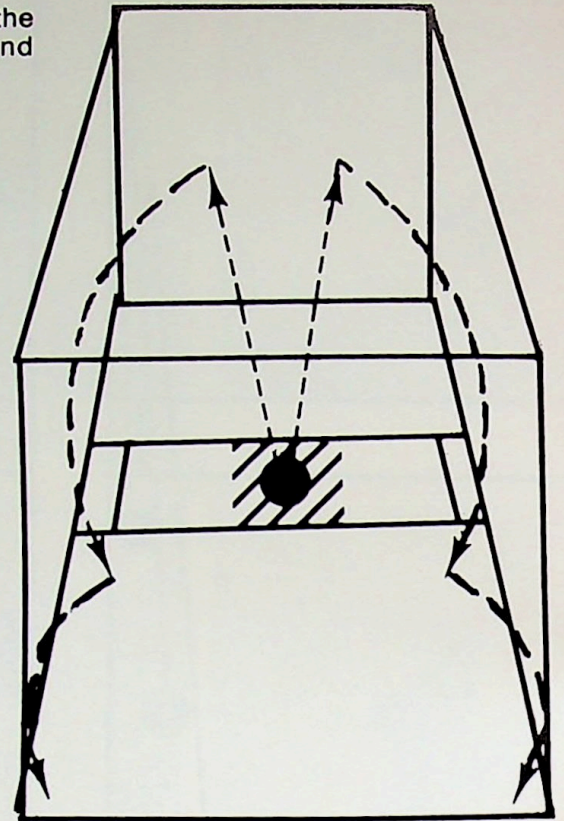
Diagram 16 forehand set and hit and set and kill drills from two stations.

Diagram 17 backhand drop and hit and drop and kill drills from three stations.

Diagram 18 backhand set and hit and set and kill drills from two stations

Diagram 19 three quarter court kill shot to either corner b/h or f/h

Diagram 20 ball path for the garbage serve to backhand and forehand.



F/M 21 GARBAGE SERVE • START IN THE REAR OF THE SERVICE BOX • MIDDLE OF THE COURT • BOUNCE BALL • BEGIN STEP FORWARD • CONTACT BALL AT CHEST HIGH • PUSH OR PUT SHOT • KEEP YOUR WRIST STIFF AS A BOARD.

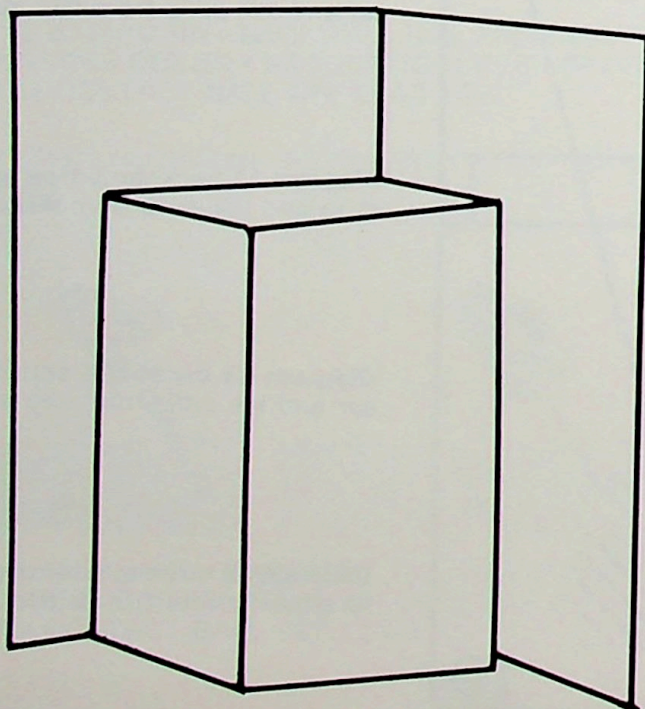
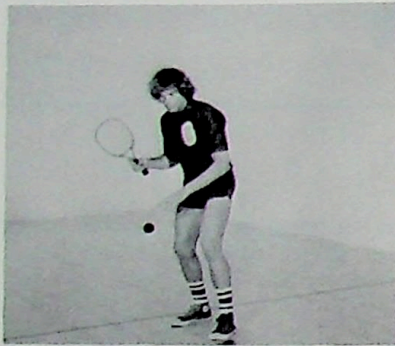


Diagram 22 imagine or place a box in the rear corner for a drop in target for the garbage serve.



F/M 23 LOB SERVE •
 LOFFER THAN THE
 GARBAGE SERVE
 WITH THE BALL
 CONTACTING THE
 SIDE WALL.

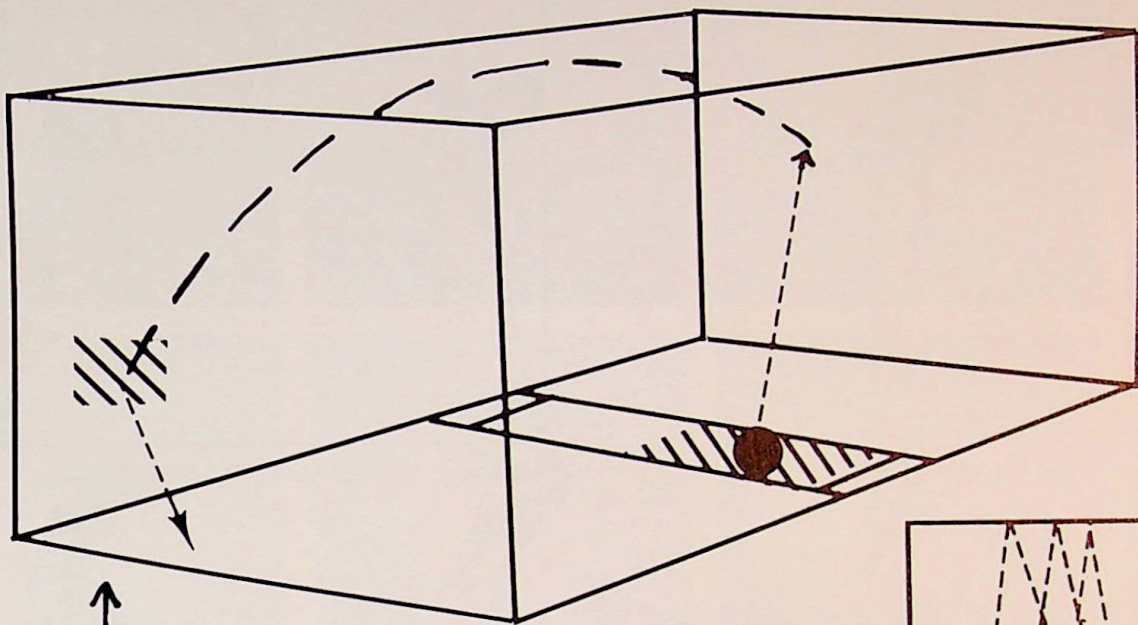


Diagram 23 lob serve the
 ball must brush side wall
 to be effective.

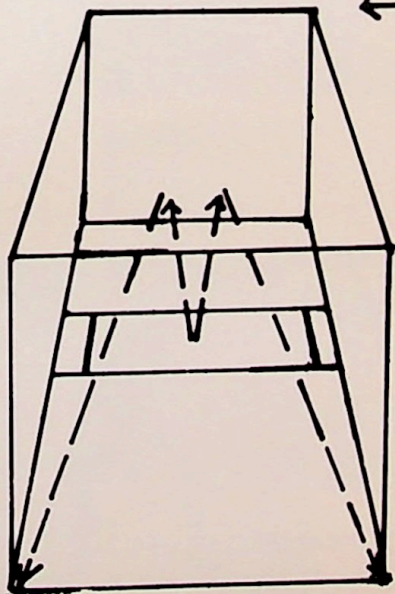
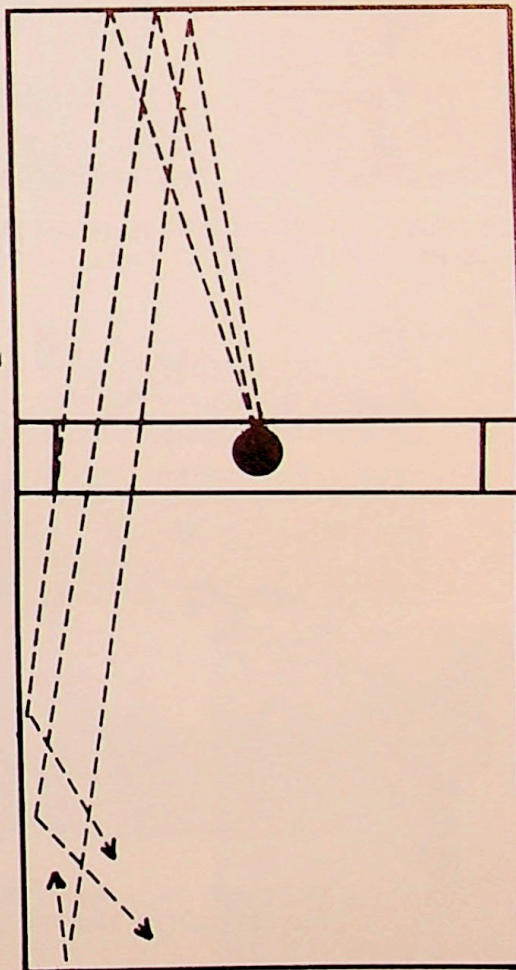
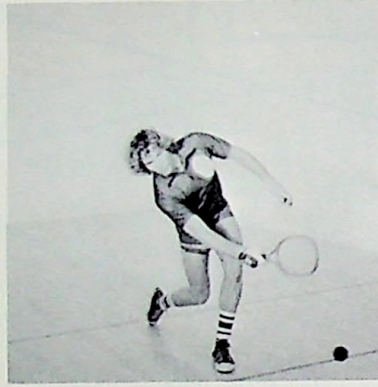
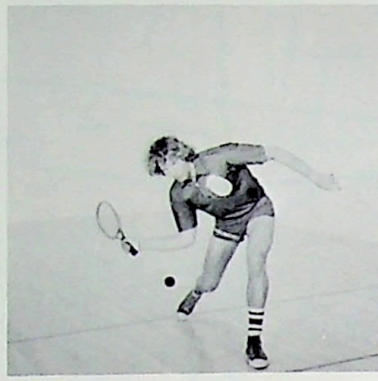
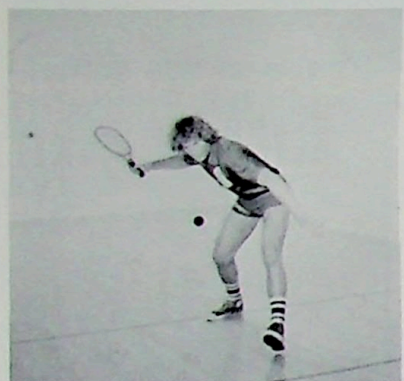
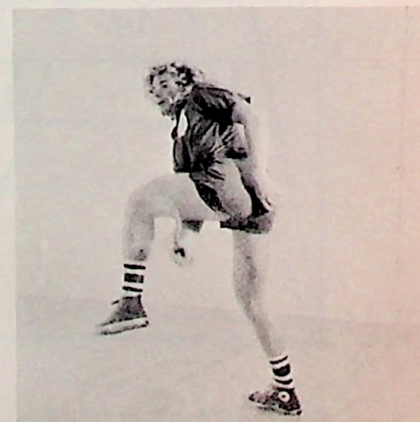


Diagram 24 drive serve
 center court position.
 three basic paths of the
 drive to the backhand.





F/M 25 DRIVE SERVE • START IN REAR SERVICE BOX • BOUNCE BALL • STEP FORWARD • CONTACT BALL AS LOW AS POSSIBLE KNEE TO ANKLE • WRIST SNAP AT POINT OF CONTACT.



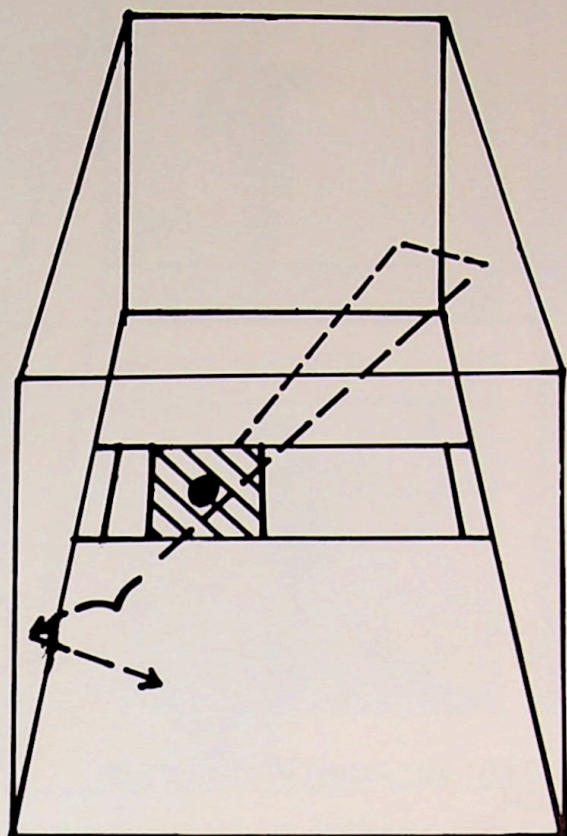


Diagram 26 "Z" serve to backhand.

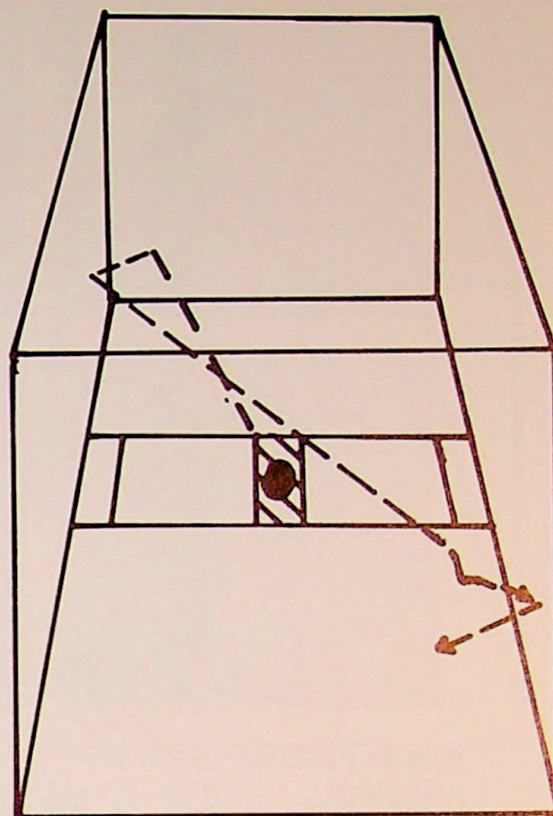
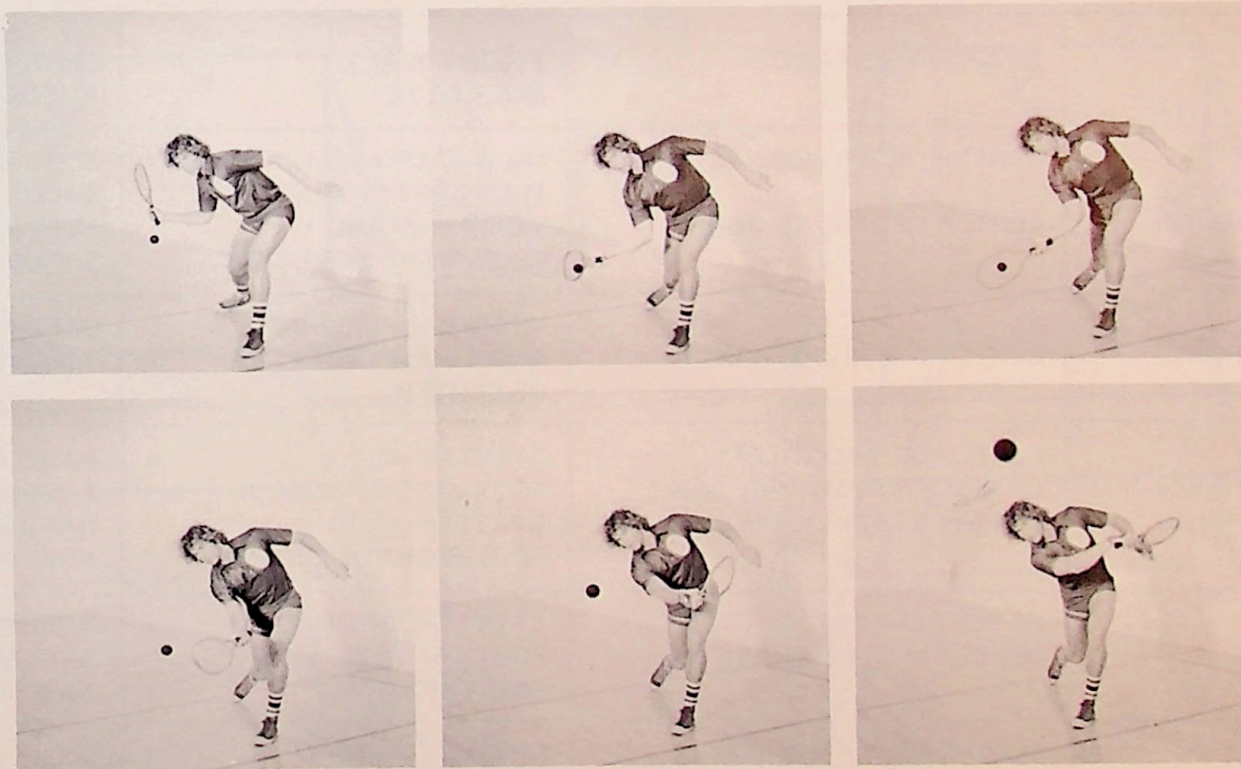


Diagram 28 "Z" serve to forehand.



F/M 27 FOREHAND Z SERVE TO BACKHAND SIDE • CONTACT BALL AT THE PEAK OF ITS BOUNCE WHILE LEAD FOOT STEPS TOWARD THE RIGHT FRONT CORNER.



F/M 29 FOREHAND Z SERVE TO THE FOREHAND SIDE • START MID POINT FROM EITHER SIDE WALL • CONTACT BALL OFF LEAD FOOT HEAD HIGH.

Diagram 30 serve X, Y, Z.

SERVE	STARTING STANCE	FRONT WALL BULLSEYE	RECEIVER PRESENTATION
GARBAGE (TO BACKHAND) (TO FOREHAND)	CENTER OF SERVICE BOX CENTER OF SERVICE BOX	MIDWAY UP AND 1 FOOT LEFT OF CENTER MIDWAY UP AND 1 FOOT RIGHT OF CENTER	SOFT AND SHOULDER HIGH SOFT AND SHOULDER HIGH
LOB (TO BACKHAND)	3-4 FEET RIGHT OF CENTER IN SERVICE BOX	THREE-QUARTER UP AND 1 FOOT LEFT OF CENTER	SOFT AND SHOULDER HIGH
DRIVE (TO BACKHAND) (TO FOREHAND)	CENTER OR 1 FOOT LEFT OF CENTER IN SERVICE BOX CENTER OF SERVICE BOX	3 FEET UP AND 1 FOOT LEFT OF CENTER 3 FEET UP AND 1 FOOT RIGHT OF CENTER	HARD AND KNEE HIGH HARD AND KNEE HIGH
LOW Z TO BACKHAND	3-6 FEET LEFT OF CENTER IN SERVICE BOX	4 FEET UP AND 1 FOOT LEFT OF RIGHT SIDE WALL	MEDIUM HAND, ANGLED AND WAIST HIGH
HIGH Z TO FOREHAND	CENTER OF SERVICE BOX	6-8 FEET UP AND 1 FOOT RIGHT OF LEFT SIDE WALL	SOFT, ANGLED AND CHEST HIGH

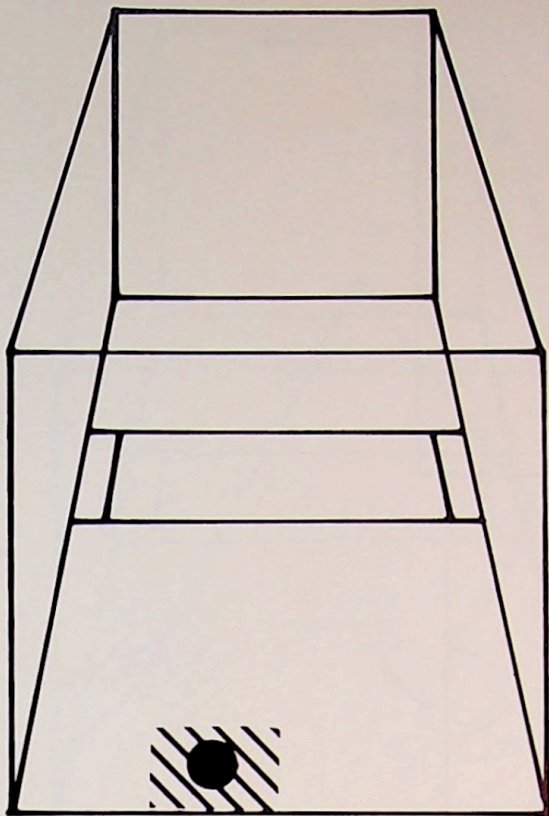


Diagram 31 service receiver's starting position.

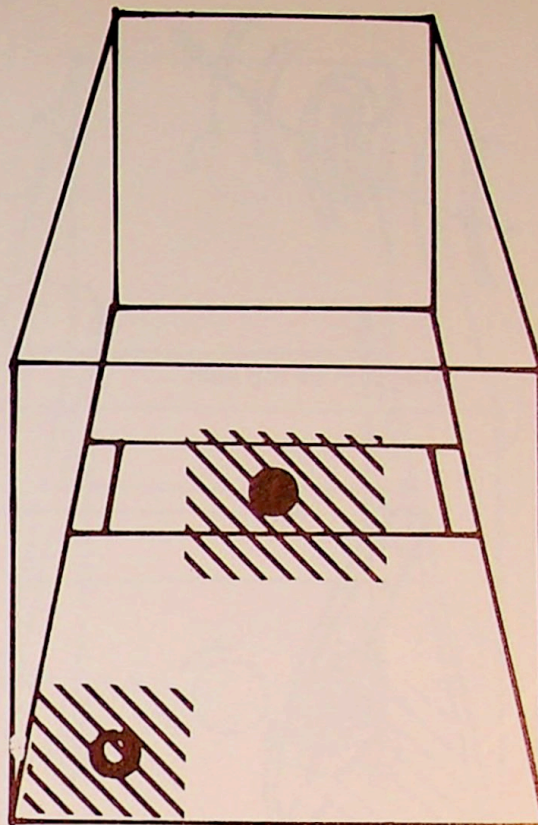


Diagram 32 after the serve positions for server and service receiver.

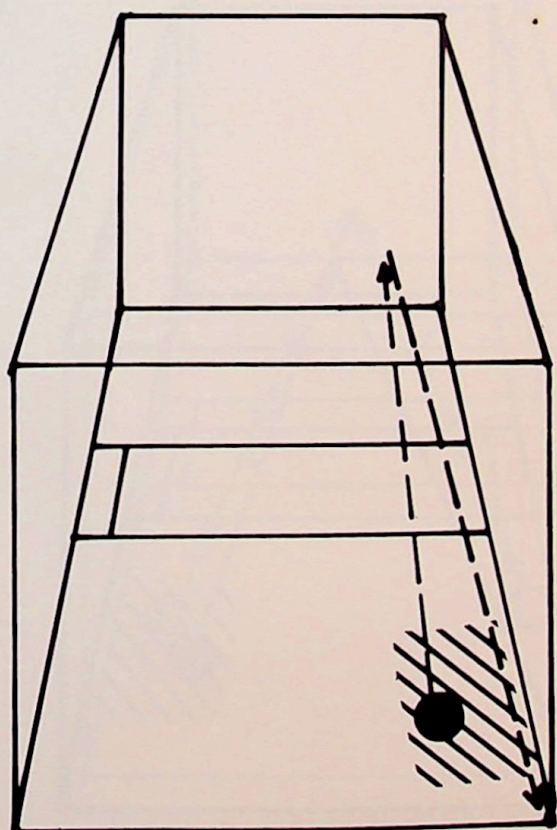


Diagram 33 forehand down the line pass

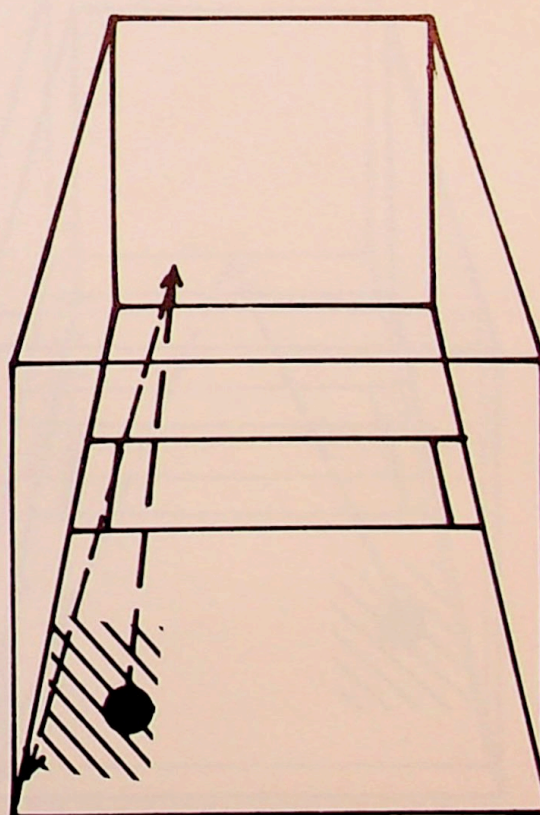


Diagram 34 backhand down the line pass

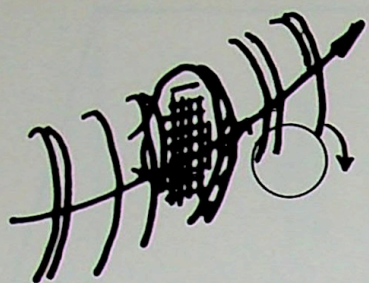
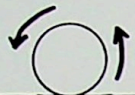
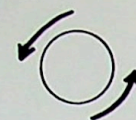
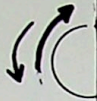
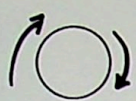
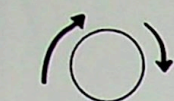


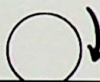
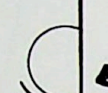
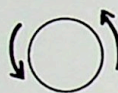
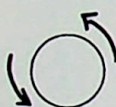
Diagram 35 top spin



More
compression
here



Diagram 36 back spin



More
compression
here

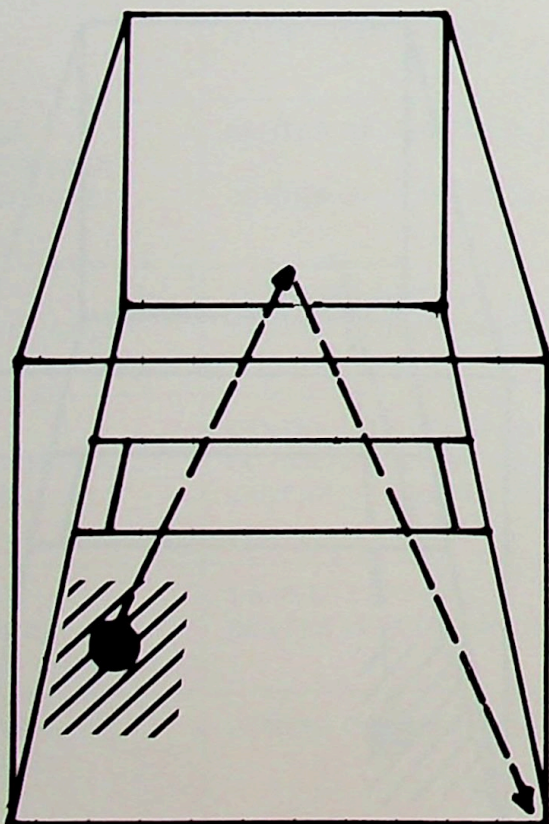


Diagram 37 backhand cross court pass exercise.

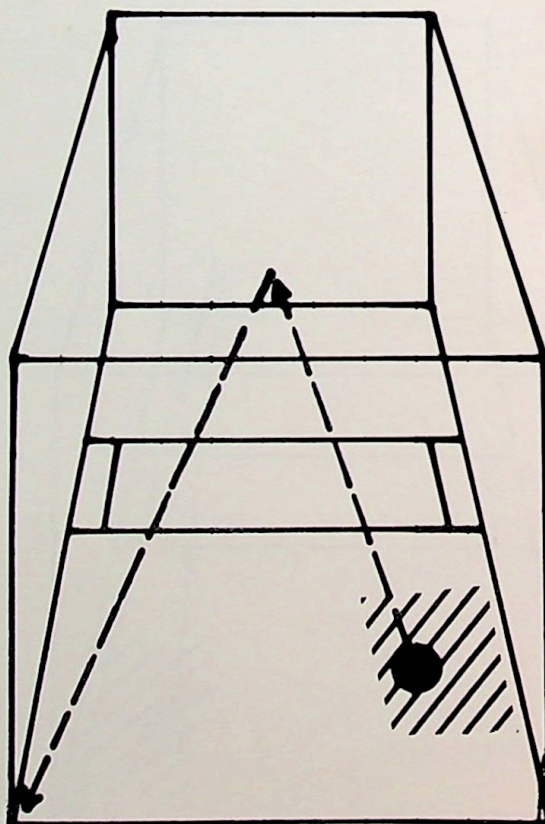


Diagram 38 forehand cross court pass exercise.

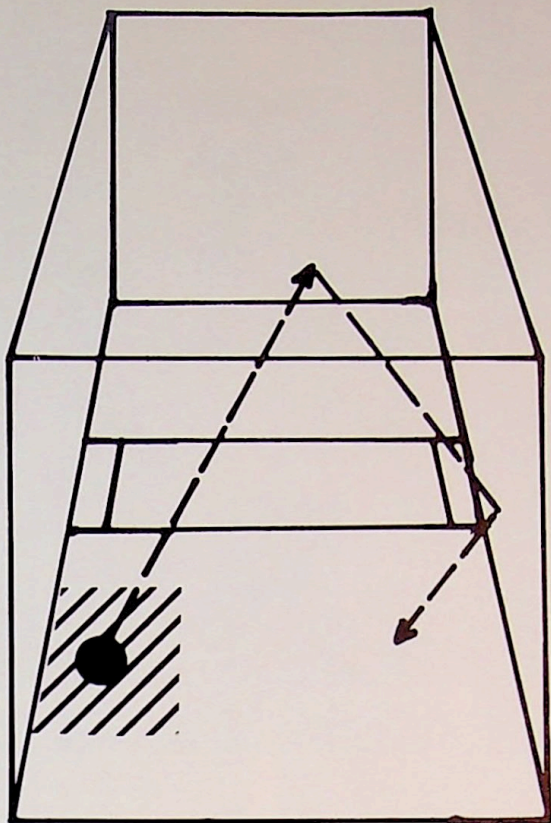


Diagram 39 backhand pass wider angle.

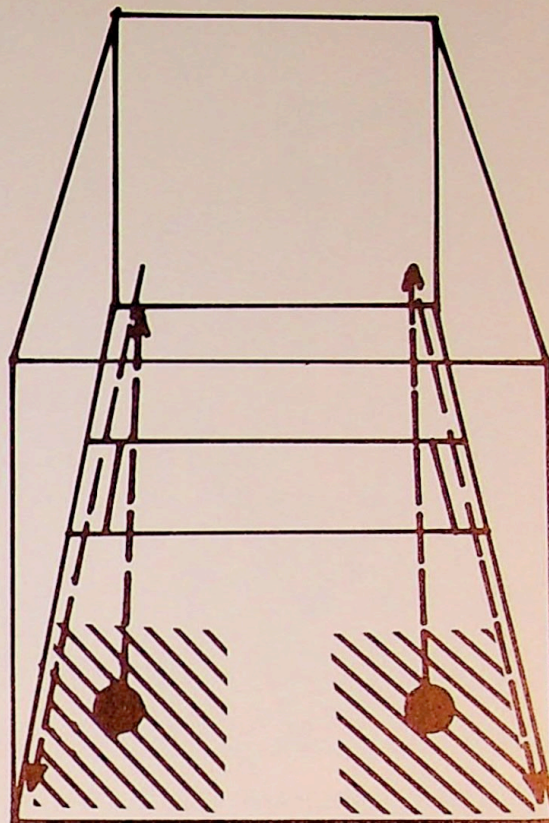


Diagram 40 drop and hit and set up and hit forehand and backhand down the line pass.

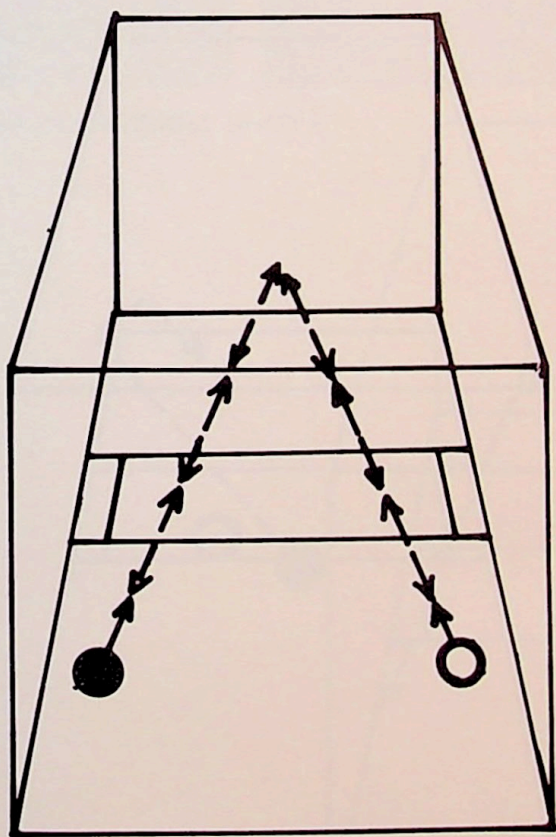


Diagram 41 perpetual cross court drive drill with two players.

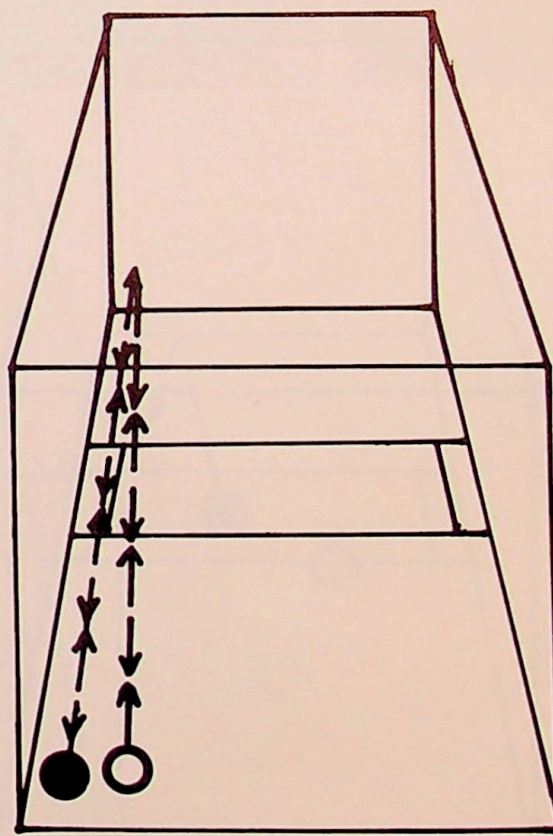


Diagram 42 perpetual down the line drive drill with two players.



F/M 43 FOREHAND KILL SHOT •

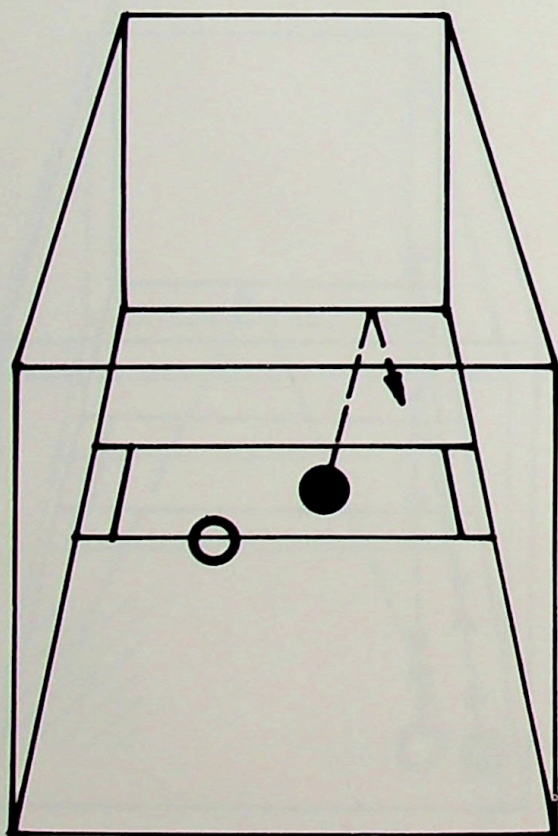


Diagram 45 straight on kill placing ball away from opponent.

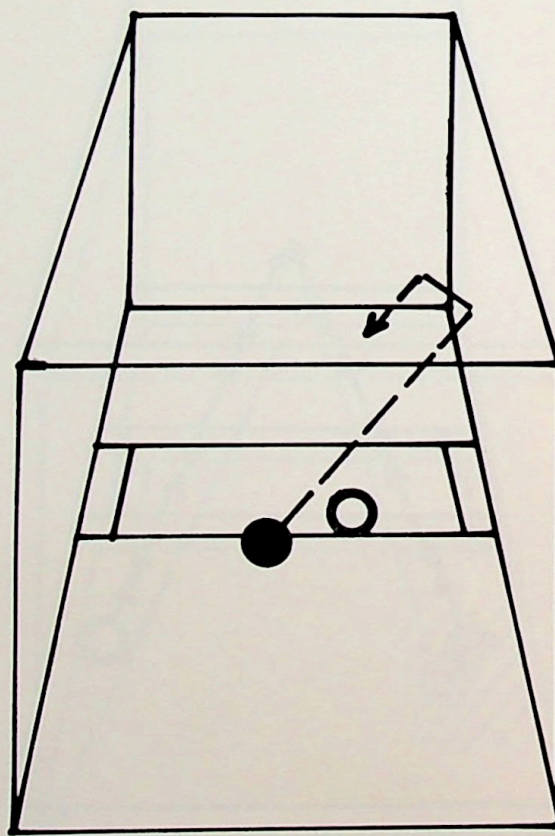
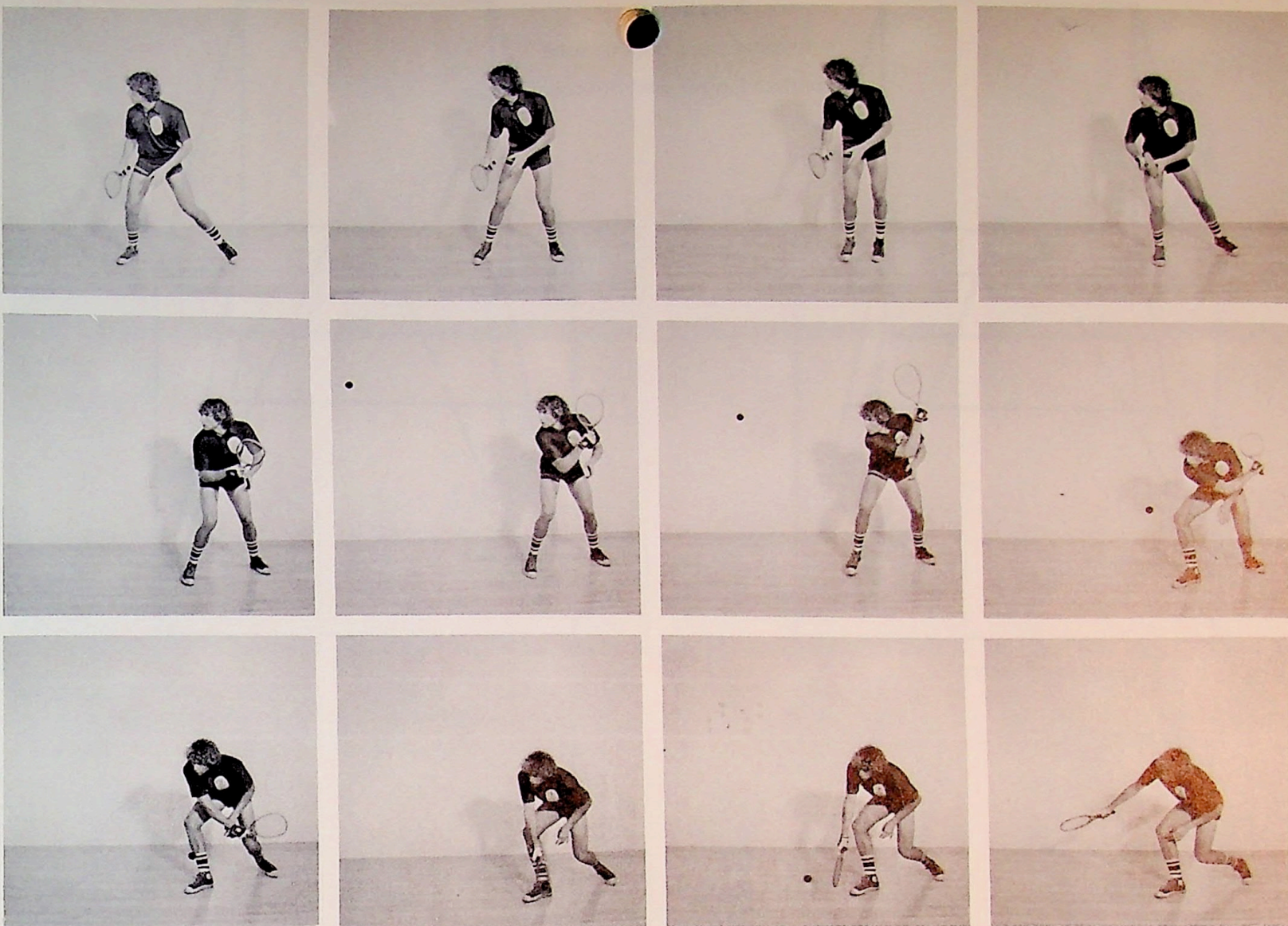


Diagram 46 side wall front kill again placing ball away from opponent.



F/M 44 BACKHAND KILL SHOT •

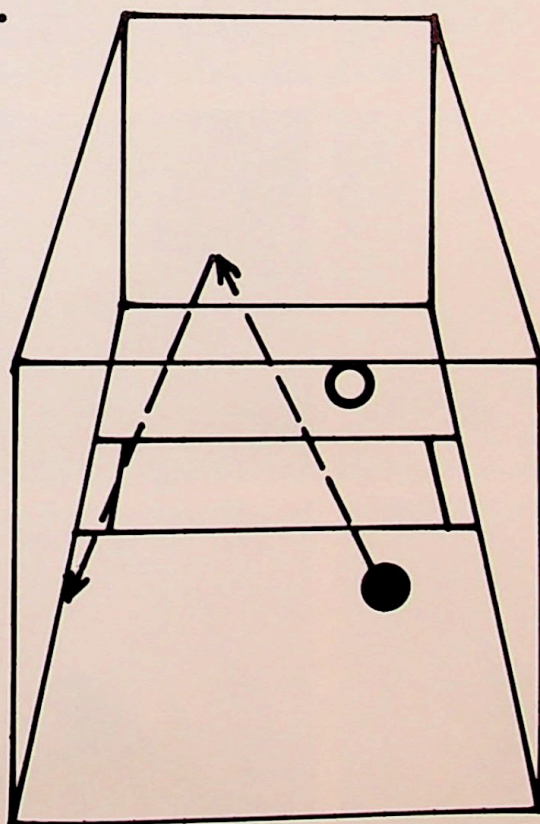
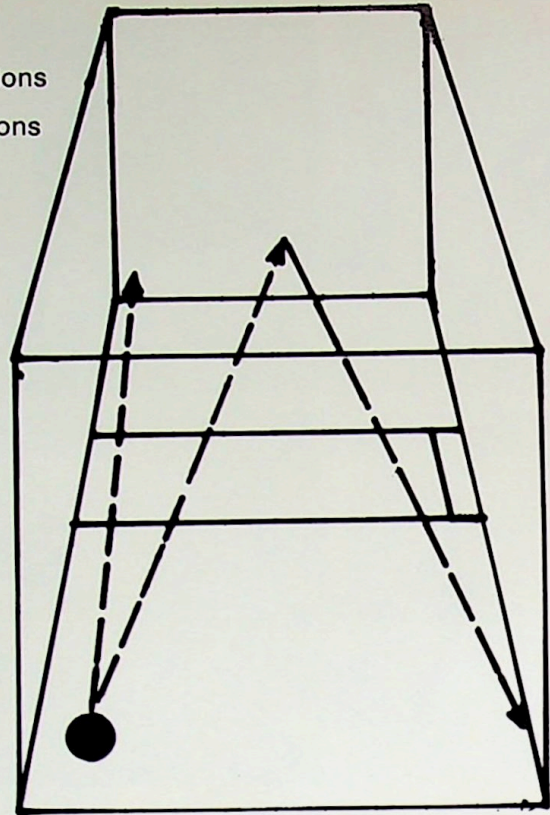
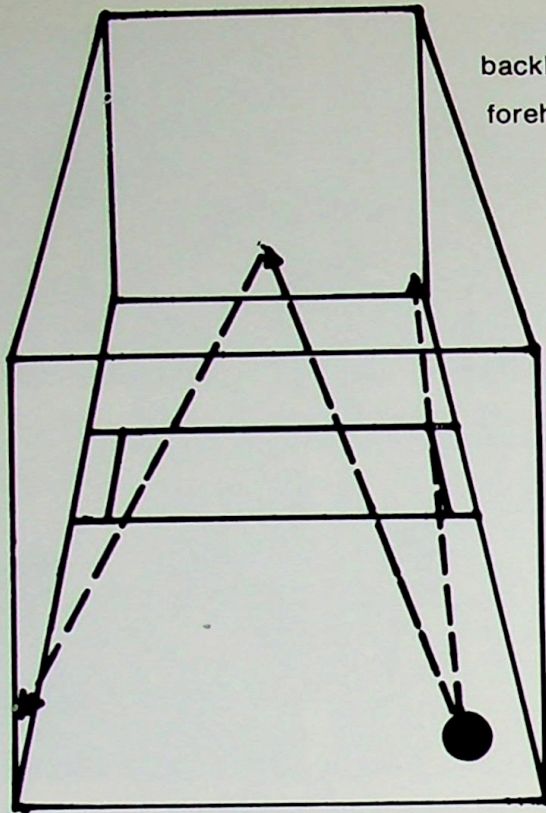


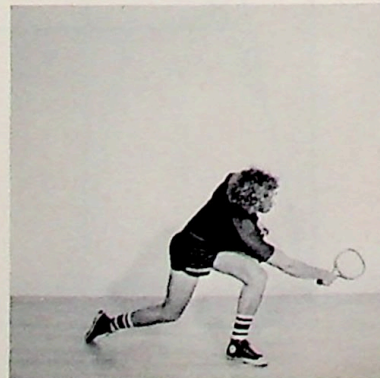
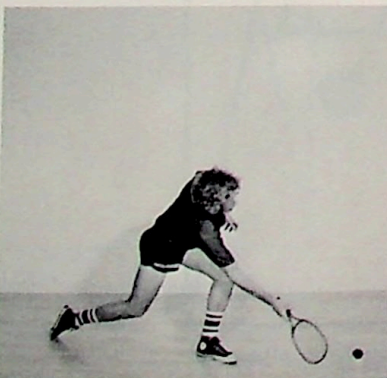
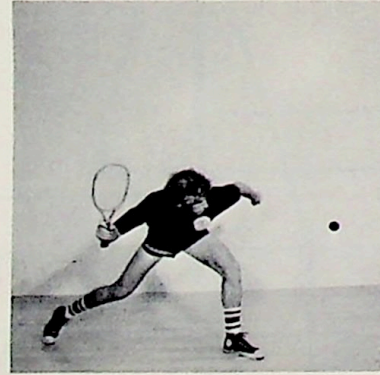
Diagram 47 follow up his last shot by hitting a drive to the rear corner.

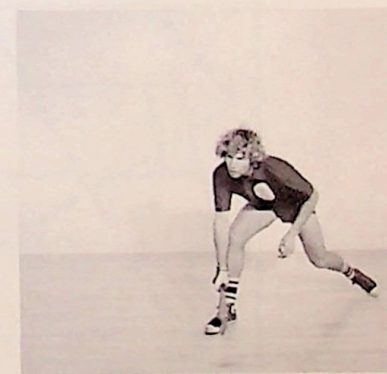
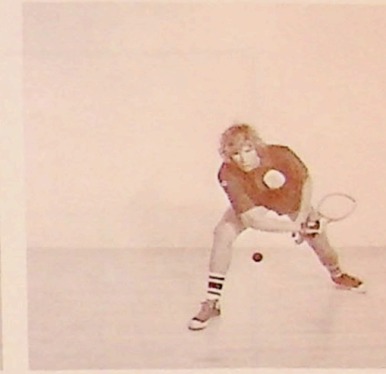
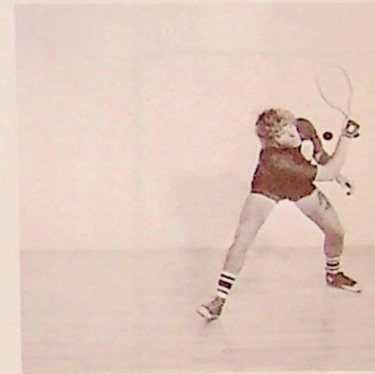
Diagram 63

backhand back wall options
forehand back wall options



F/M 50 FOREHAND KILL SHOT





F/M 49 & 51 BACKHAND BACKWALL KILL SHOT • START BACK TOWARDS THE BACK WALL • FOCUS ON BALL • SIDE WAY SHUFFLE • PLANT FOOT CHANGE MOMENTUM FORWARD AS BALL BOUNCES OFF WALL • STEP INTO THE BALL • SHOULDERS AND HIPS COILED TO EXPLODE •

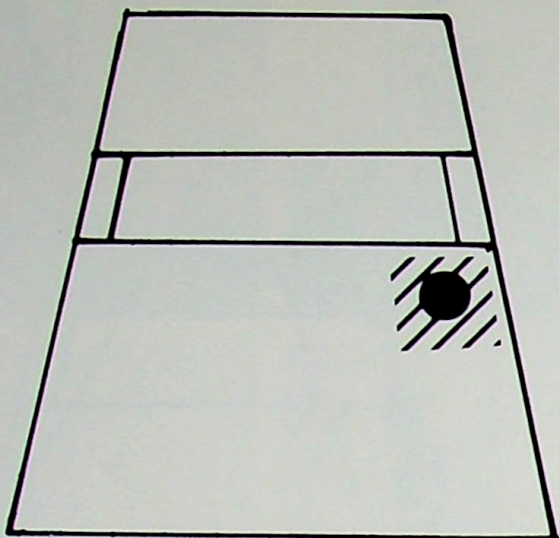


Diagram 52 location where most fore-hand "Z" balls originate from.

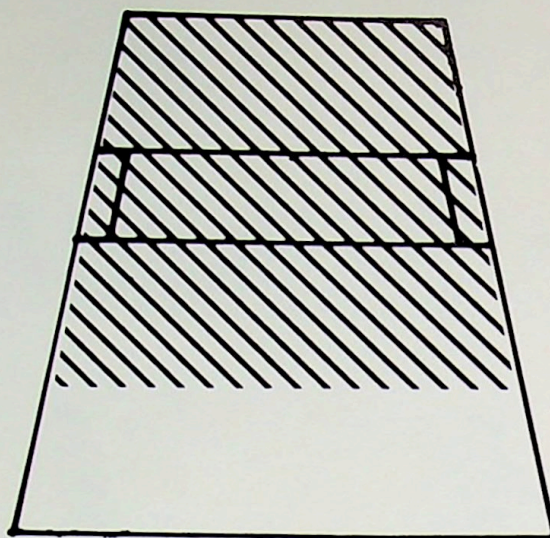


Diagram 53 most offensive shots originate from front and center court.

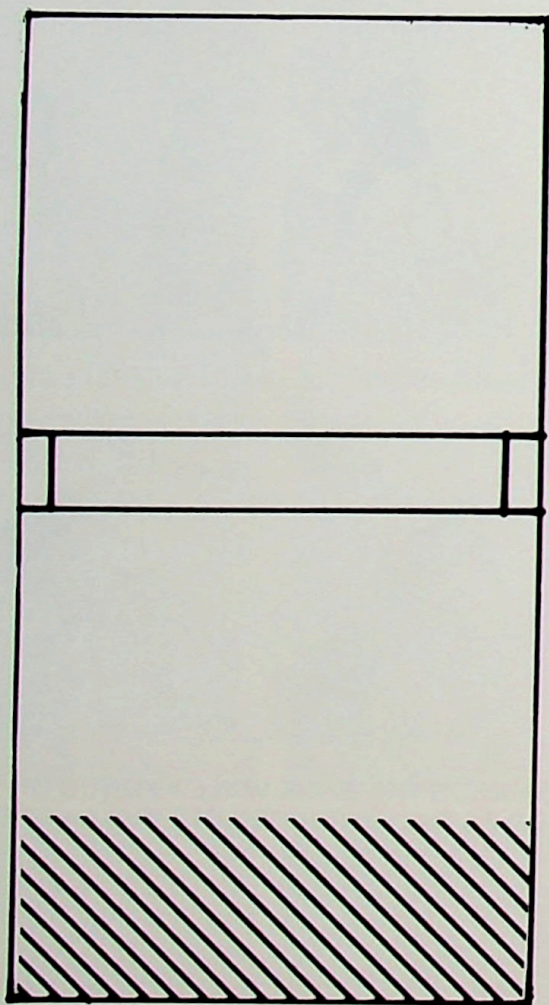


Diagram 54 most defensive shots originate from deep court.

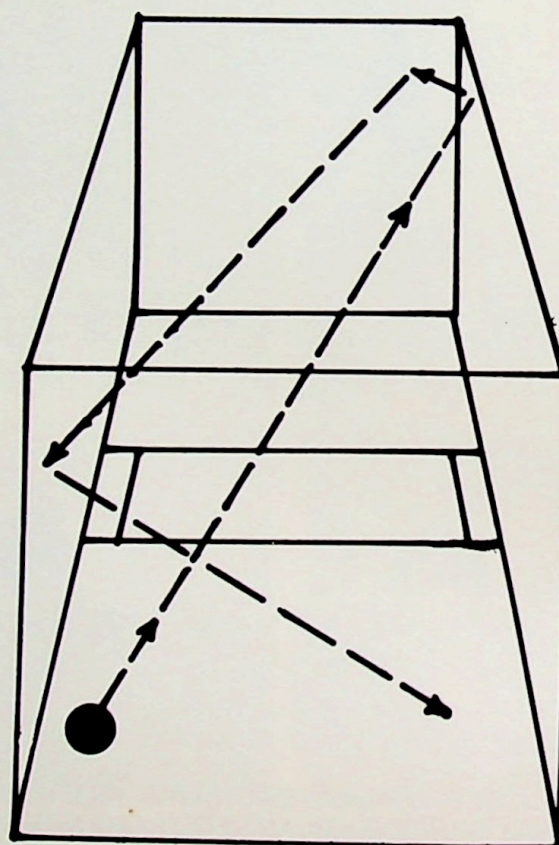
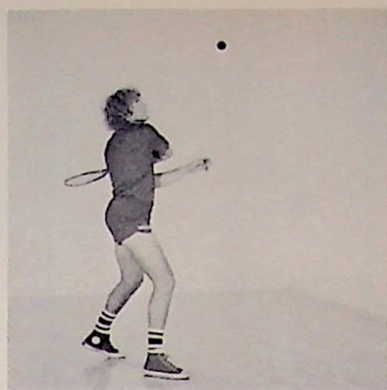


Diagram 55 backhand side path of A.W.B.



F/M 55 BACKHAND AROUND THE WALL BALL • STEP INTO THE BALL • RACQUET COCKED • THROW BODY INTO BALL • CONTACT BALL ABOUT HEAD HIGH • OFF LEAD TOE.

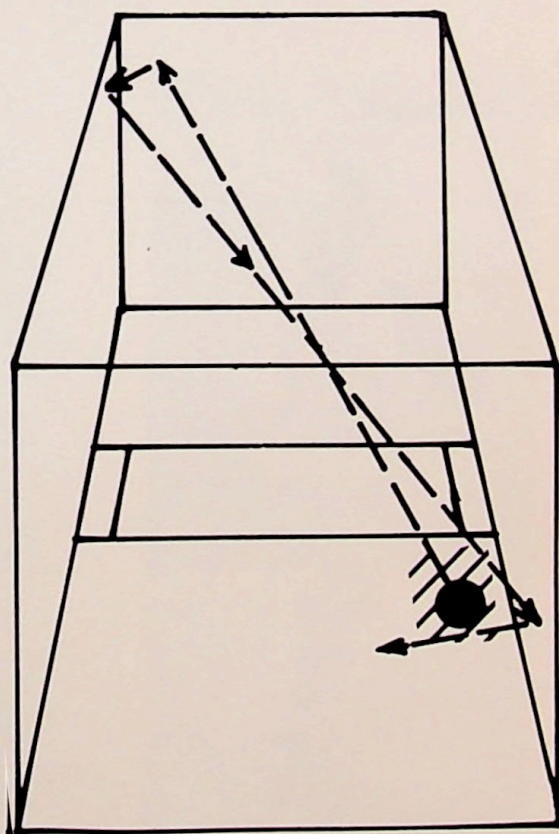


Diagram 56 path of the forehand "Z" ball

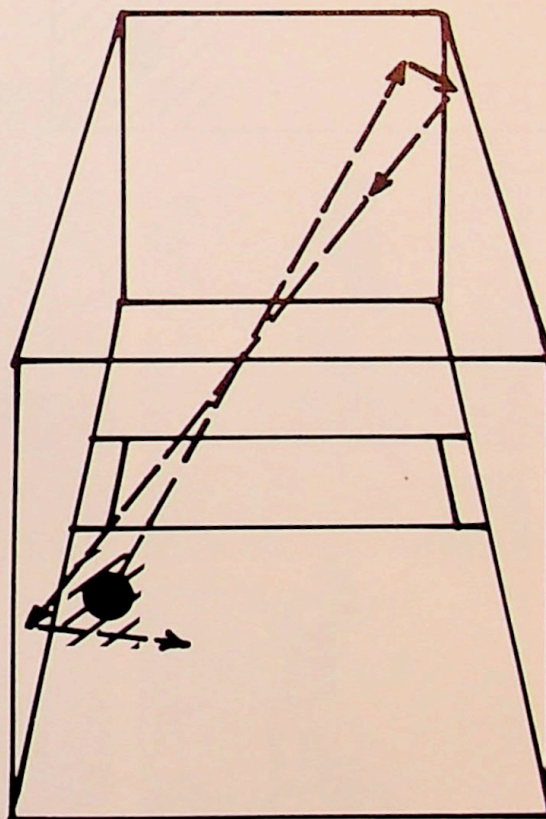
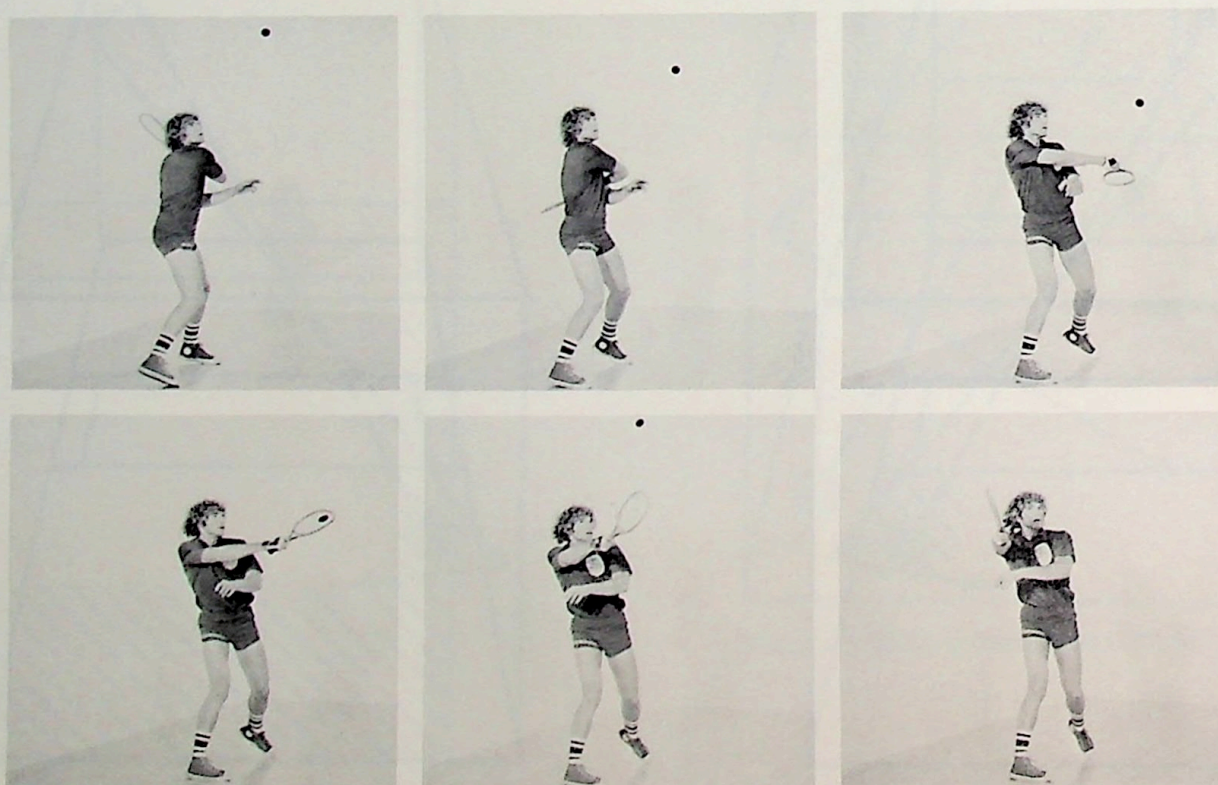


Diagram 57 path of the backhand "Z" ball



**F/M 58 FOREHAND CEILING • WEIGHT ON REAR FOOT • RACQUET COCKED • UNCOIL
HIPS AND SHOULDERS AS BALL ENTERS CONTACT AREA (TWO FT. ABOVE HEAD) • JUST
LIKE THROWING A BASE BALL OVERHANDED.**



**F/M 59 BACKHAND CEILING • WEIGHT ON REAR FOOT • HIPS AND SHOULDERS TURNED •
EYES ON BALL • STEP FORWARD AS BALL COMES INTO CONTACT AREA HEAD OR
SHOULDER HEIGHT.**

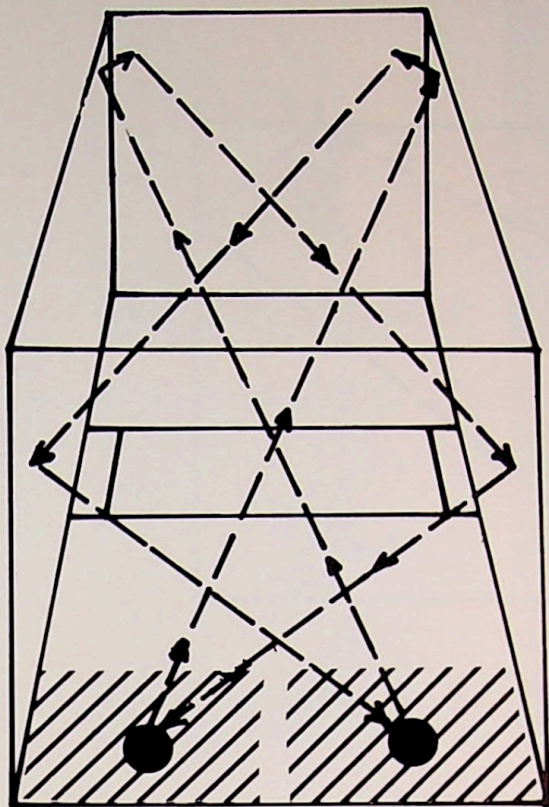


Diagram 60 perpetual A.W.B. drill with two players.

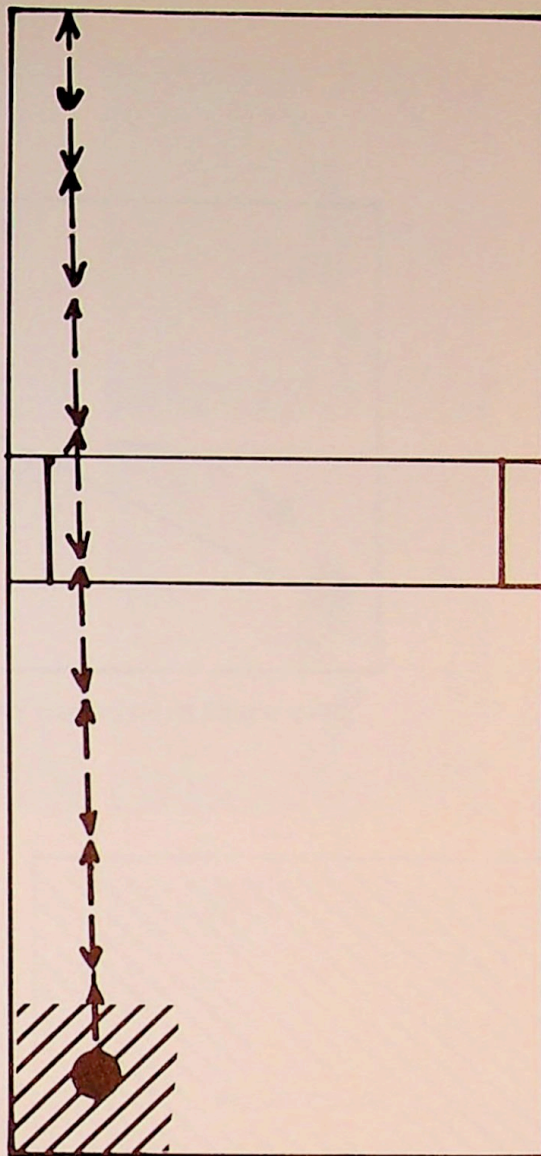
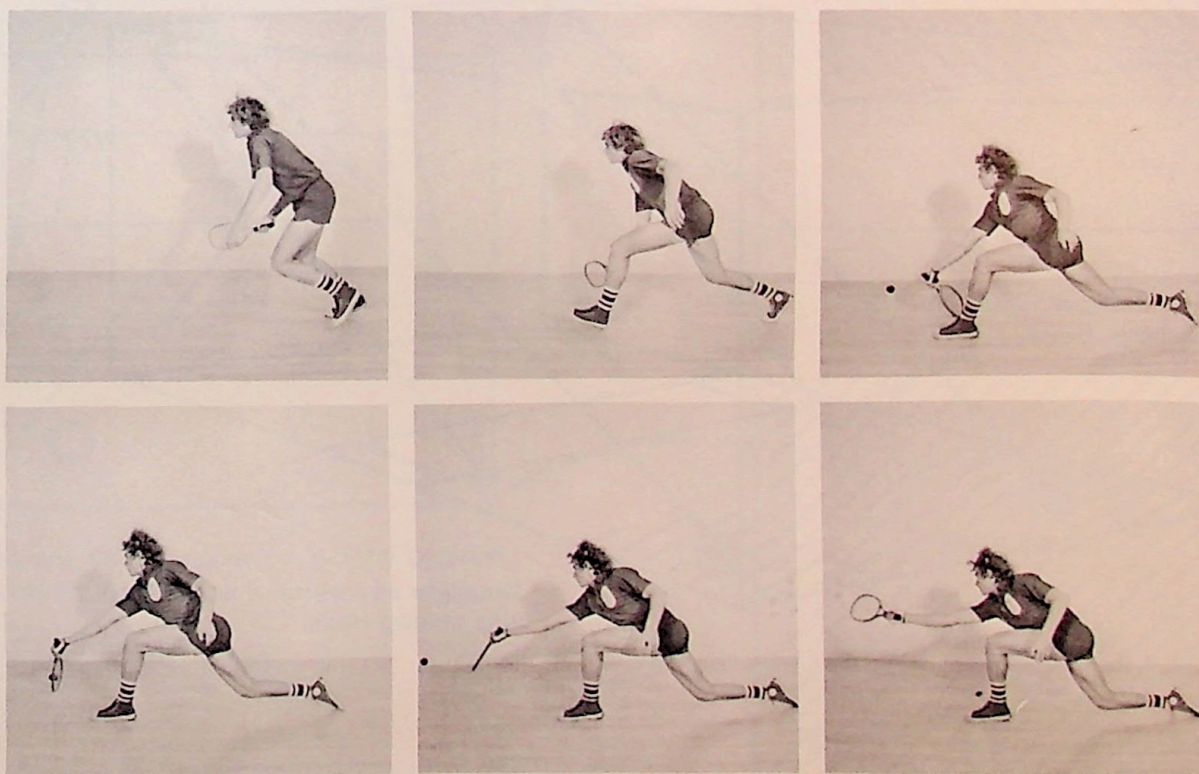


Diagram 61 perpetual ceiling ball rally.



F/M 62 DROP SHOT •

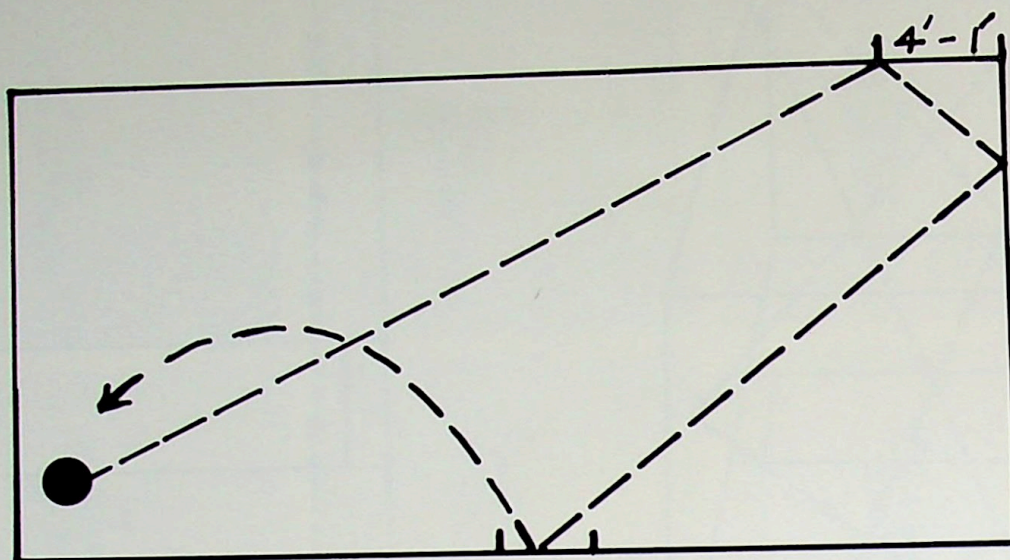


Diagram 62 flight pattern of the ceiling ball.

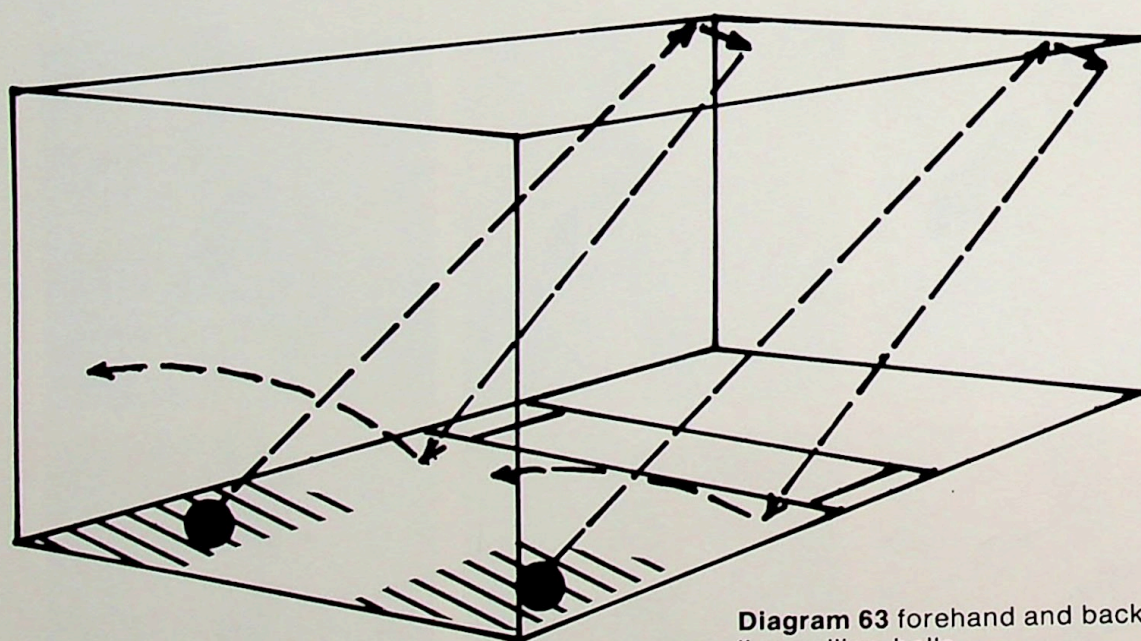


Diagram 63 forehand and backhand down-the-line ceiling balls.

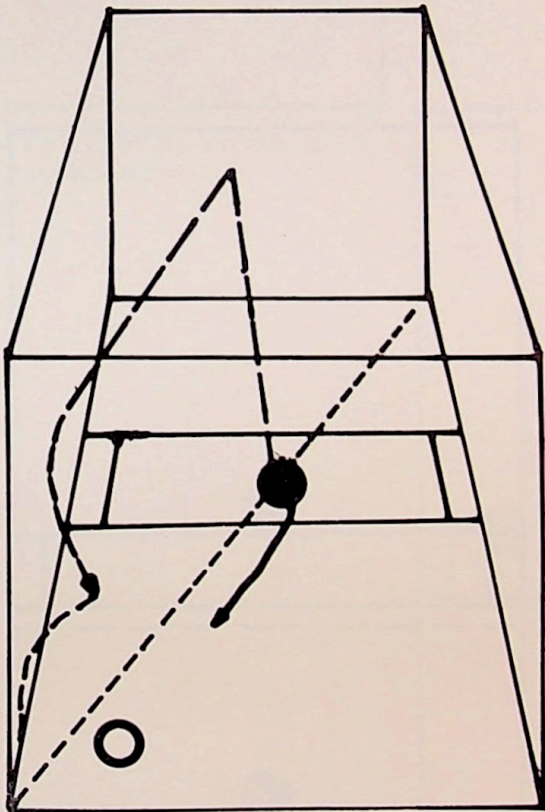


Diagram 65 offensive retreat on a good garbage serve.

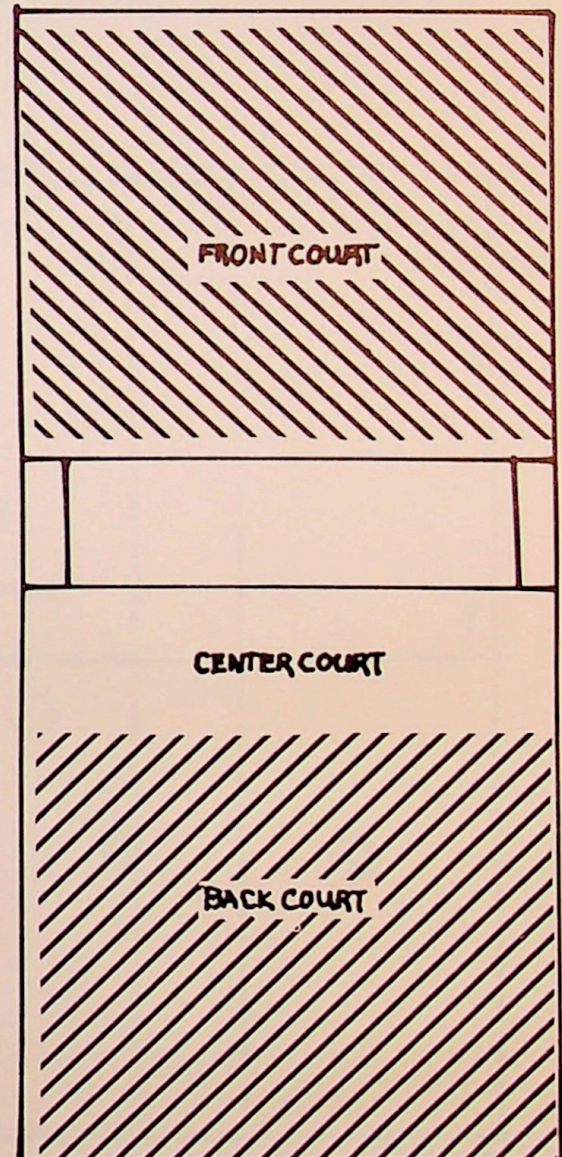


Diagram 66 court positions.

Diagram 67 & 68 see diagrams 45, 46,
47

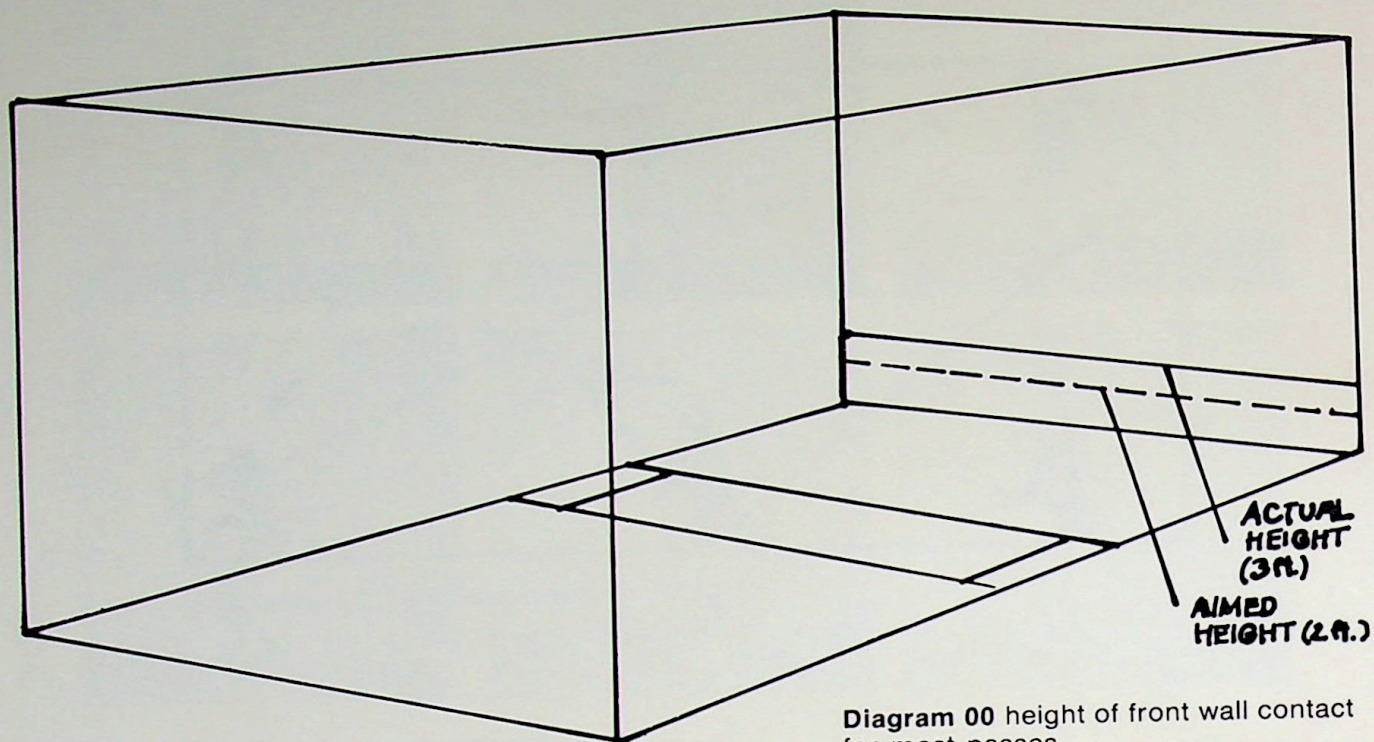


Diagram 00 height of front wall contact
for most passes.

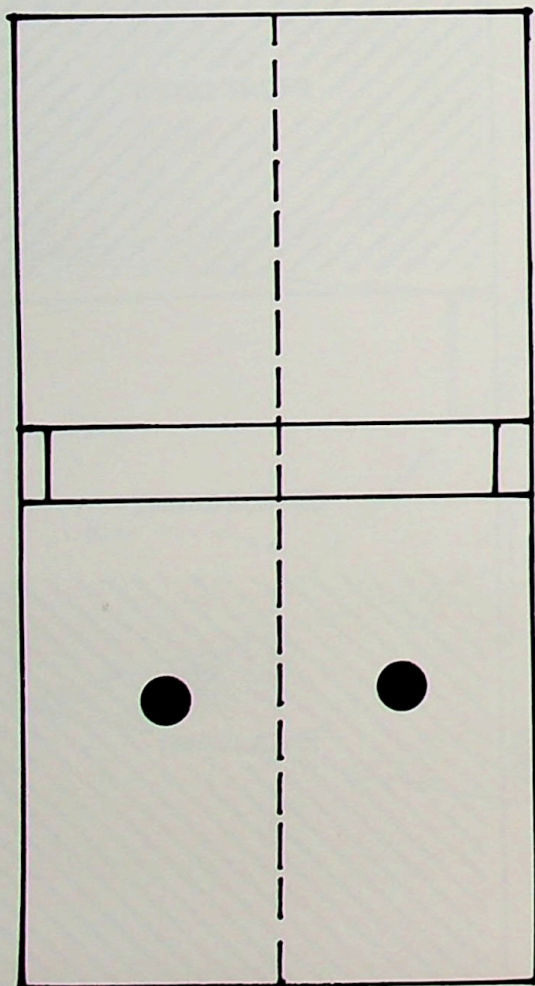


Diagram 69 doubles coverage half and
half.

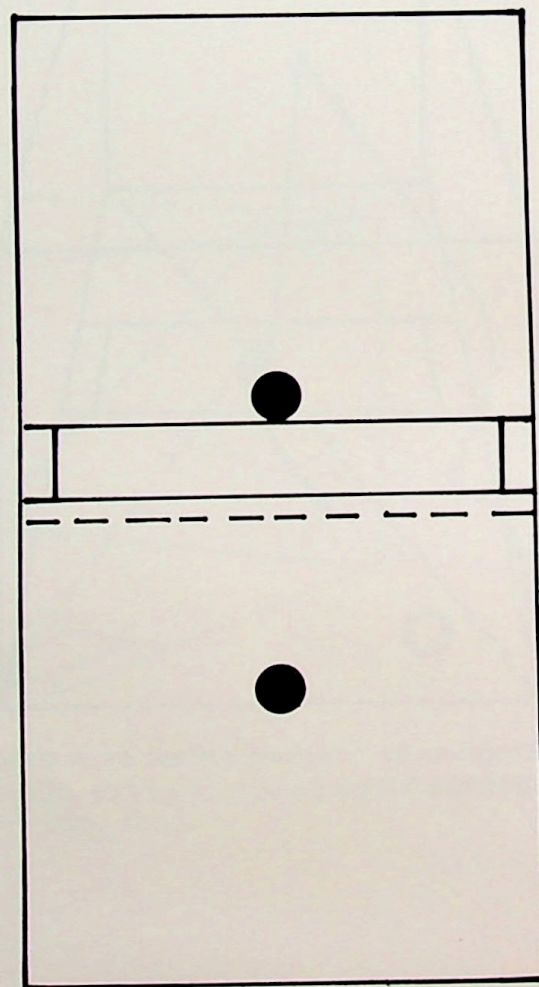


Diagram 70 doubles coverage front
and back or I formation.

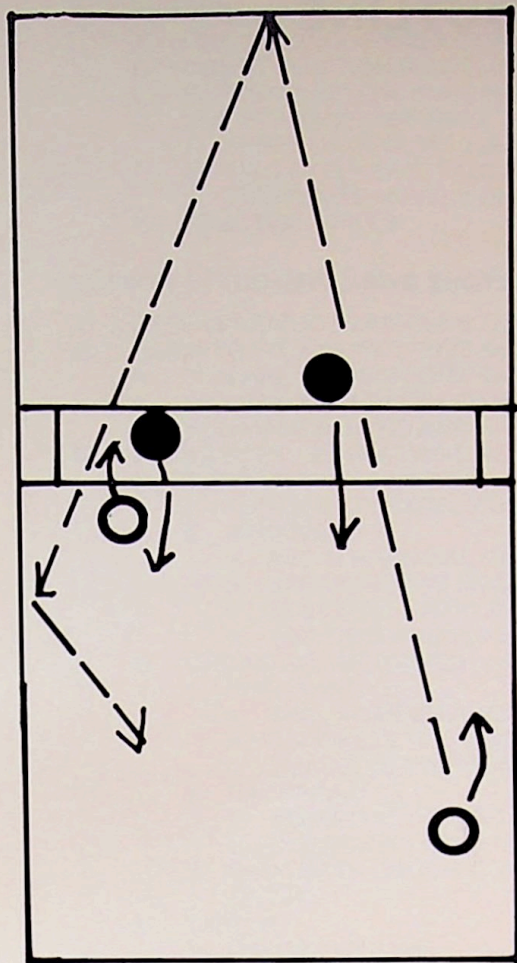


Diagram 71 beginning of the court position exchanges.

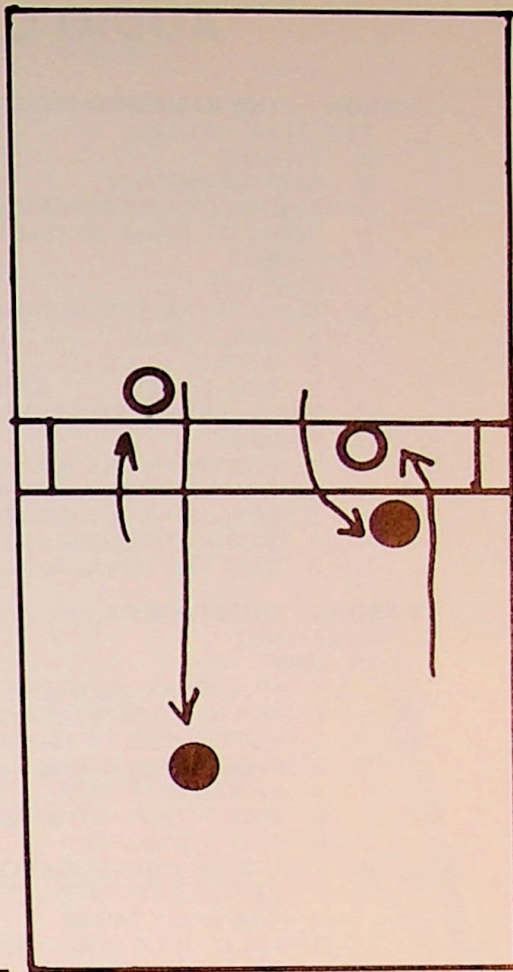


Diagram 72 offensive team retreats out of center court into back of court while the defensive team takes over center court.

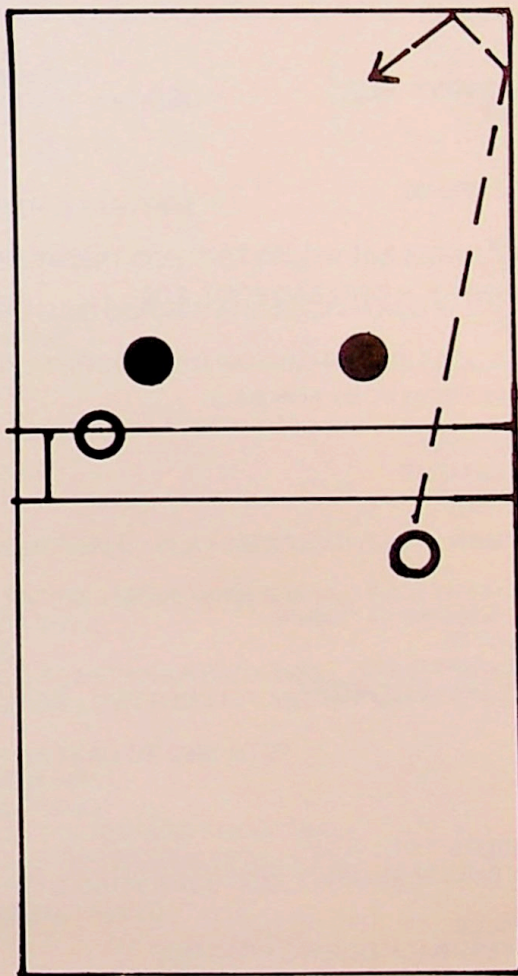


Diagram 73 the wide angle pass shot into defensive player on the left side.

AUDIO CASSETTE/BOOKLET OUTLINE

LESSON 1 - THE GAME AND EQUIPMENT

- I. THE GAME - (RULES)
 - A. SERVICE
 - B. SERVICE RETURN
 - C. THE RALLY AND EXCHANGE
 - D. POINT SCORING SYSTEM
- II. EQUIPMENT
 - A. CLOTHES
 - B. SLIPPERY PALM SYNDROME - 3 SOLUTIONS
 - 1. WRIST BAND
 - 2. GLOVE
 - 3. MINI-TOWEL
 - C. EYE GUARDS AND SAFETY LENSES
 - D. RACQUET
 - 1. LOWER, MIDDLE AND HIGH PRICE RANGES
 - 2. FRAME MATERIAL - *PLASTIC* OR *METAL*?
 - 3. LENGTH - STANDARD OR EXTRA INCH?
 - 4. STRING TENSION - 25 TO 32 POUNDS
 - 5. GRIP - MATERIAL AND SIZE

LESSON 2 - THE STROKES

- I. FOREHAND
 - *A. GRIP
 - 1. HANDSHAKE WITH TRIGGER FINGER
 - 2. ANATOMICAL "V" CONCEPT
 - 3. BUTT IN HEEL OF HAND OR SLIGHT CHOKE-UP
 - *B. STROKE - THREE STEPS
 - 1. PENDELUM SWING
 - 2. WRIST COCK AND WRIST BREAK
 - 3. STEP FORWARD
 - C. POINTS OF SOPHISTICATION
 - 1. GET QUICKLY INTO SET POSITION
 - 2. SIDE ARM STROKE
 - 3. POINT OF CONTACT - KNEE HIGH OFF LEAD FOOT, HEEL
 - 4. FOLLOW THROUGH
- II. BACKHAND
 - *A. GRIP
 - 1. ONE-GRIP SYSTEM DISADVANTAGES
 - 2. GRIP CHANGE - 1/8 TURN
 - *B. STROKE - THREE STEPS
 - 1. PENDELUM SWING
 - 2. WRIST COCK AND WRIST BREAK
 - 3. STEP FORWARD
 - C. POINTS OF SOPHISTICATION
 - 1. SAME AS FOR FOREHAND
 - 2. POINT OF CONTACT - KNEE HIGH OFF LEAD FOOT, TOE
- III. ADDITIONAL STROKE POINTERS
 - A. USE 80% POWER
 - B. CONTACT BALL LOW IF POSSIBLE
 - C. REACH FORWARD AND AWAY FROM BODY FOR BALL
- IV. PRACTICE EXERCISES
 - A. DROP AND HIT - THREE POSITIONS
 - B. SET-UP AND HIT - THREE POSITIONS
 - C. THREE-QUARTER COURT DRILL

LESSON 3 - SERVE AND SERVE RETURN

- I. THE SERVICE
 - A. FOUR PREVIEW POINTERS
 - 1. NOT OFFENSIVELY ORIENTED AS IN TENNIS
 - 2. SERVE FROM CENTER COURT
 - 3. USUALLY SERVE TO BACKHAND
 - 4. BECOME PROFICIENT AT THREE SERVES
 - B. FOUR BASIC SERVES
 - 1. GARBAGE
 - 2. LOB
 - 3. DRIVE
 - 4. Z-SERVES
 - C. ADDITIONAL SERVICE POINTERS
 - D. CONCEPT OF X POSITION, Y BULLSEYE, OF Z PRESENTATION
 - 1. SERVICE BOX THEORY
 - 2. SOLITARY PRACTICE DRILLS
 - 3. INNOVATE AND ATTAIN FEEDBACK DURING PRACTICE

- II. SERVICE RETURN
 - A. POSITIONING - READY POSITION FOUR FEET FROM BACK WALL JUST LEFT OF CENTER
 - B. COURT POSITIONING DEMANDS A DEFENSIVE RETURN
 - C. RETURN A BELOW-KNEE SERVE OFFENSIVELY; AN ABOVE-KNEE SERVE DEFENSIVELY
 - D. FIVE POSSIBLE RETURNS
 - 1. THREE DEFENSIVE: Z-BALL, AROUND-WALL-BALL, CEILING BALL
 - 2. TWO OFFENSIVE: PASS AND KILL
 - 3. THINK DEFENSIVELY ON RETURN OF SERVE, AND THE MAIN DEFENSIVE SHOT IS THE CEILING BALL
 - E. PRACTICE DRILLS

LESSON 4 - THE OFFENSIVE SHOTS

- I. OFFENSIVE SHOTS INCLUDE THE PASSES, KILLS AND BACKWALL PLAY
- II. WHEN TO HIT AN OFFENSIVE SHOT
 - A. YOU ARE IN FRONT OR CENTER COURT WITH DEFENSIVE MAN BEHIND YOU
 - B. YOU ARE IN BACK COURT WITH AMPLE TIME ON A BELOW-KNEE SET-UP
 - C. YOU HAVE SERVED AND WISH TO HIT SURPRISE SHOT
- III. PASS SHOTS - DOWN-THE-LINERS AND CROSS-COURT
 - A. DOWN-THE-LINE DRIVES
 - 1. FOREHAND - RARELY USED. GO FOR THE KILL INSTEAD
 - 2. BACKHAND
 - a. AVOID HARD BACKWALL REBOUND
 - b. STROKE IS THE MODEL BACKHAND
 - c. BULLSEYE ON FRONT WALL IS 2-4 FEET UP AND 1-3 FEET FROM LEFT SIDEWALL
 - d. TOP OR BACKSPIN BALL TO MAKE IT SLIDE ALONG WALL
 - B. CROSS-COURT DRIVES (V-BALLS)
 - 1. FOREHAND
 - a. USE OF WIDER ANGLED V
 - b. STROKE IS THE MODEL ONE
 - c. BULLSEYE ON FRONT WALL IS 2-4 FEET UP AND EQUIDISTANT BETWEEN SIDE WALLS
 - 2. BACKHAND
 - a. ESPECIALLY EFFECTIVE AGAINST LEFT HANDERS
 - b. SEE POINTS a, b, c UNDER FOREHAND CROSS-COURT
 - 3. WITH BOTH CROSS-COURT STROKES IT IS BETTER TO ERROR TOO LOW ON FRONT WALL WITH TOO MUCH ANGLE
 - C. DRILLS
 - 1. DOWN-THE-LINE
 - a. DROP AND HIT
 - b. SET-UP AND HIT
 - c. PERPETUAL DRIVES (SOLO)
 - d. PERPETUAL DRIVES WITH A PARTNER
 - 2. CROSS-COURT
 - a. DROP AND HIT
 - b. SET-UP AND HIT
 - c. PERPETUAL DRIVES WITH A PARTNER
- IV. KILL SHOTS
 - A. HOW - SAME MODEL STROKES EXCEPT CONTACT BELOW THE KNEES (ANKLE TO MID-CALF HIGH) BY SETTING UP DEEPER IN THE COURT
 - B. WHERE - FOREHANDS IN FOREHAND CORNER AND BACKHANDS IN BACKHAND CORNER
 - C. WHEN - COVERED IN LESSON FIVE
 - D. BOX THEORY - PUT KILL SHOTS THROUGH AN IMAGINARY ONE FOOT SQUARE BOX IN CORNERS
 - E. EXERCISES
 - 1. DROP AND KILL
 - 2. SET-UP AND KILL
 - 3. BACKWALL SET-UP AND KILL
 - 4. CEILING SET-UP AND KILL
 - 5. FLY KILLS
 - F. OFFENSIVE THEORY OF RACQUETBALL - PLAY AGGRESSIVELY
- V. BACK WALL PLAY
 - A. MODEL STROKES PLUS FOOTWORK - MOVE WITH THE FLOW OF THE BALL
 - B. TWO WAYS TO PLAY THE BACK WALL
 - 1. STOP-AND-STEP METHOD
 - a. MOVE BACK WITH BALL, PLANT NEAR BACK WALL, STRIDE INTO STROKE
 - b. EMPHASIZE KNEE HIGH ON LOWER COURT AND HIT OFF THE LEAD FOOT
 - 2. JOG-AND-STEP METHOD
 - a. JOG IS A THREE-STEP INSTEAD OF ONE-STEP
 - b. PLANT CLOSER TO BACK WALL
 - c. DO NOT JOG-STEP PAST SHOT
 - C. BODY MOMENTUM AT CONTACT IS TOWARD FRONT WALL
 - D. THE RETREAD TO BACK WALL IS THE SIDEWAYS SHUFFLE
 - E. HIT AN OFFENSIVE SHOT OFF THE BACK WALL - KILL OR PASS
 - F. EXERCISES - FOREHAND AND BACKHAND
 - 1. SHADOW PLAY
 - 2. TOSS AND HIT
 - 3. SET-UP AND HIT

LESSON 5 - DEFENSIVE AND OTHER SHOTS

I. DEFENSIVE SHOTS - Z-BALL, AROUND-THE-WALL BALL AND CEILING BALL

- A. THE LOB IS OUT OF VOGUE
- B. FOREHAND OR BACKHAND Z-BALL
 - 1. HIT CROSS-COURT
 - 2. CONTACT FRONT WALL FIRST
 - 3. BULLSEYE - 3 FEET DOWN FROM CEILING AND 3 FEET IN FROM SIDE WALL
- C. FOREHAND OR BACKHAND AROUND-THE-WALL BALL
 - 1. EASIER TO HIT THAN Z-BALL
 - 2. HIT CROSS-COURT
 - 3. CONTACT SIDE WALL FIRST
 - 4. BULLSEYE - 3 FEET DOWN FROM CEILING AND 3 FEET IN FROM FRONT WALL
- D. CEILING BALL
 - 1. MAINSTAY OF DEFENSIVE PLAY
 - 2. A NEUTRALIZING SHOT
 - 3. RETURN A GOOD CEILING BALL WITH ANOTHER CEILING BALL
 - 4. CEILING BULLSEYE - 1-4 FEET FROM FRONT WALL
 - 5. DIRECT TO YOUR OPPONENTS' BACKHAND
 - 6. FOREHAND STROKE - BASEBALL PITCHER ANALOGY
 - 7. BACKHAND STROKE - LEFT HANDED GOLFERS ANALOGY. (ROTATION AND DE-ROTATION OF THE LOWER TORSO)
- E. GO DEFENSIVE WHEN IT IS IMPRACTICAL TO GO OFFENSIVE
- F. EXERCISES - FOREHAND AND BACKHAND
 - 1. Z-BALL
 - a. DROP AND HIT
 - b. SET-UP AND HIT
 - 2. AROUND-THE-WALL BALL
 - a. DROP AND HIT
 - b. SET-UP AND HIT
 - c. PERPETUAL DRILL WITH PARTNER
 - 3. CEILING BALL - EMPHASIZE BACKHAND
 - a. DROP AND HIT
 - b. SET-UP AND HIT
 - c. SOLO PERPETUAL DRILL
 - d. PERPETUAL ALLEY DRILL WITH PARTNER
 - e. PERPETUAL CROSS-COURT DRILL WITH PARTNER

II. OTHER SHOTS - VOLLEY, HALF-VOLLEY, DROP SHOT AND OVERHEADS

- A. VOLLEY - (FLY SHOT)
 - 1. VOLLEY FROM MID-COURT OR ANTERIOR IF POSSIBLE
 - 2. USE NORMAL STROKES
 - 3. EXERCISE - SET-UP AND HIT
- B. HALF-VOLLEY
 - 1. IS A VOLLEY WITH A SHORT HOP
 - 2. STROKE AS THOUGH HITTING A VOLLEY SHOT
 - 3. PRACTICE UNNECESSARY
- C. DROP SHOT
 - 1. IS A HALF-HEARTED HALF-VOLLEY
 - 2. USE STIFF WRIST AND PUSHING STROKE
 - 3. ALWAYS HIT WITH FOREHAND
 - 4. ATTEMPT TO DROP BALL LOW INTO NEAREST CORNER
 - 5. PRACTICE UNNECESSARY
- D. OVERHEADS - DRIVES AND KILLS
 - 1. DRIVES
 - a. USUALLY SEND CROSS-COURT
 - b. BULLSEYE - 1-4 FEET UP FROM FLOOR
 - c. TYPICAL ERROR IS TO HIT TOO HIGH ON FRONT WALL
 - 2. KILLS
 - a. USUALLY SEND CROSS-COURT TO CORNER
 - b. USUALLY AIM FOR SIDE WALL FIRST
 - c. AIM FOR 2 FOOT SQUARE BOX IN CORNER
 - 3. STROKE IS LIKE THE CEILING BALL FOREHAND, OR BASEBALL PITCHER, OR TENNIS SERVE
 - 4. USE OVERHEADS ONLY AS A CHANGE-OF-PACE
 - 5. RELATIVE COURT POSITION IS UNFAVORABLE FOR OFFENSIVE MAN HITTING AN OVERHEAD
 - 6. EXERCISES
 - a. PRACTICE OFF SHORT CEILING BALL, SET-UPS
 - b. EMPLOY A PARTNER
- E. THE OTHER SHOTS ARE NICETIES BUT NOT NECESSITIES

LESSON 6 - STRATEGY AND COURT POTPOURRI

- I. SINGLES STRATEGY**
 - A. SERVICE STRATEGY**
 - 1. HIGH ZONE (GARBAGE, LOB, HIGH-Z) - TO PUT BALL SAFELY INTO PLAY
 - 2. LOW ZONE (DRIVE, LOW-Z) - TO ELICIT WEAK RETURN
 - 3. LEARN TWO SERVES FROM EACH LEVEL
 - 4. USE VARIETY IN SERVICE UNTIL YOU DISCOVER A SPECIFIC WEAKNESS
 - 5. SERVE FROM CENTER COURT TO RECEIVER'S BACKHAND USUALLY
 - 6. AFTER SERVE, BACK ALONG DIAGONAL TOWARD CORNER
 - B. SERVICE RETURN STRATEGY**
 - 1. FORCE SERVER FROM CENTER COURT POSITION
 - 2. USUALLY HIT DEFENSIVE SHOT - CEILING BALL
 - 3. HIT SERVE ON FLY IF POSSIBLE
 - 4. "READ" THE SERVER
 - C. RALLY STRATEGY**
 - 1. USE OF COMPLIMENTARY SHOTS
 - 2. OFFENSIVE VS. DEFENSIVE PLAY - PLAY AGGRESSIVELY
 - 3. FOREHAND KILLS INTO FOREHAND CORNER AND BACKHAND KILLS INTO BACKHAND CORNER
 - 4. FORMULATE A GAME PLAN - IT MAY BE CHANGED
 - 5. CHANGE A LOSING GAME, DON'T CHANGE A WINNING GAME
- II. DOUBLES STRATEGY**
 - A. TWO METHODS OF COURT COVERAGE**
 - 1. HALF-AND-HALF (SIDE-TO-SIDE)
 - 2. I FORMATION (FRONT AND BACK)
 - B. DOUBLES IS A PATIENT WAITING GAME**
 - C. EXCHANGE OF CENTER COURT POSITION DURING THE RALLY - DEFENSIVE TEAM OCCUPIES FRONT COURT**
 - D. USE OF SIDE WALL - FRONT WALL PINCH KILL**
 - E. USE OF V-DRIVE**
 - F. SERVE AND SERVE RETURN**
 - G. ISOLATION STRATEGY**
- III. COURT POTPOURRI**
 - A. PRACTICING**
 - B. CONCENTRATION & WATCHING THE BALL**
 - C. WARM UPS**
 - D. OFF-COURT FITNESS**
 - E. TOURNAMENT PLAY**

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