

**HOW TO START
A JUNIOR
RACQUETBALL
PROGRAM
AT YOUR CLUB**

KILL SHOT!



Table of Contents

Acknowledgements	2
Lesson One, Forehand & Backhand Strokes, Shuffle, Rules Serve/Receive and Rally	3
Lesson Two, Turn and Hit, Serving, Rallies	7
Lesson Three, Continuing Turn and Hit, LOB Serves	10
Lesson Four, Review Lob Serve, Ceiling Shot	13
Lesson Five, Kill Shots and Passing Shots, Z Serves	15
Lesson Six, Review Z Serves and Kill/Passing Shots, Teach Angle Shots	17
Lesson Seven, Back Wall and Play Games	19
Sample Flyer	20

Acknowledgement



My passion for the sport of racquetball started when I took my first step onto a racquetball court in the Fall of 1979 at the University of Nebraska. I couldn't believe that this sport was not only a tremendous workout, but the speed and sound was exhilarating! I rose in the ranks in both Singles and Doubles, winning 5 national titles over 42 years of competition.

Because of my desire to keep the sport alive and thriving, and to help others reach their goals, I became an AmPro Certified Instructor in 2004; and in 2014, achieved National Referee Certification. Since then, I have truly enjoyed teaching and mentoring many students, ages 5 to 75, to get active and enjoy all the benefits of the game.

This instruction manual is the accumulation of all my years of learning and experience, introducing you to methods and techniques for teaching our next generation to play racquetball.

To the four coaches who helped me put this together (Rick, Felix, Jeremie and German), and to the kids in our "Hot Shots" program, thank you. We all worked to perfect the instructional verbiage and video clips that will help you create a strong and fun racquetball program for the kids in your community.

Besides the coaches and kids, I want to thank Sportsclub in Greenville, South Carolina. First, Kevin (CEO) for his vision and hard work in building our racquetball program, Kelly (Graphic Designer) for her amazing talent with graphic art and marketing materials, and Amy (COO) who is always our ally when we need assistance with everyday activities.

Finally, I love what I do; and the rewards are indescribable! My heart-felt desire is that first, you enjoy this 7-week "**How to Start a Junior Racquetball Program at Your Club**". And second, that it is incredibly helpful as you train others...because you love the game as much as I do.

See you on the Courts!
Lynette Froehlich

PS: To get your free instructional manual, you can download at:
www.sportsclubsc.com/racquetball or contact me at
Lynette.k.froehlich@gmail.com

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 the ball and your opponent helps you make a good decision where to shoot the ball.
5. With eyeguards on, wrist wraps secure, everyone tap ball in the center of their racquet to the floor. Tap and walk up and down the court, hitting ball to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - 1) (Press Ctrl + Click on link if on Computer)**
6. Shuffle drills up and down the court facing side walls.
 - Hold racquet waist high. [Junior Racquetball Shuffle Drills](#)
7. Stretches with Racquet. [Junior Racquetball Stretches](#)
8. 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.
9. 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](#)
10. 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](#)
11. 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](#)
12. 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](#)
13. Teach how to serve, service box rules, receiver stance.
- [Junior Racquetball Server/Receiver](#)

14. 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](#)
15. 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 towards the dashed line, looking over your shoulder, to see where the ball and your opponent are.
16. 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.
17. 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.
18. 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.

19. ****** 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.**
20. If they are safe, instructor leaves the court and watches them have them have fun chasing the ball.
21. 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](#)

Lesson Two, Turn and Hit, Serving, Rallies

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

1. Everyone has their racquet, eyeguards on and one ball.
2. Walk and tap ball in center of racquet to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - 1) (Press Ctrl + Click on link if on Computer)
3. Walk and tap ball in center hitting up and down.
4. Walk and twist wrist so hit center of ball on both sides of racquet.
 - [Junior Racquetball Twist Wrist Up and Down](#)
5. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
6. Stretching with Racquet: [Junior Racquetball Stretches](#)
7. Repeat Pledge holding racquet high in the air: 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.)
8. Divide court in half, review forehand grip, execute (drop and hit) drill.

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”.
 - 1) [Junior Racquetball Forehand Skeleton Drill](#)
 - 2) [Junior Racquetball Forehand Drop and Hit](#)
9. Review 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](#)

10. Review 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”.
 - 1) [Junior Racquetball Backhand Skeleton Drill](#)
 - 2) [Junior Racquetball Backhand Drop and Hit](#)
11. Review Toss from behind, have them shuffle and hit the ball, then toss off back wall (multi-bounce).
 - 1) [Junior Racquetball Backhand Toss from Behind and Hit](#)
 - 2) [Junior Racquetball Backhand Toss off Back Wall and Hit](#)
12. Teach Turn and Hit (Forehand). Student faces front wall in ready position, instructor drops the ball, student turns, racquet up and hits the ball to front wall.
 - Toss ball from behind, they turn, shuffle, and hit to front wall.
 - Toss off back wall, they turn shuffle, hit to front wall.
 - 1) [Junior Racquetball Turn and Hit](#)
 - 2) [Junior Racquetball Toss from Behind, Turn and Hit Shuffle](#)
 - 3) [Junior Racquetball Toss Ball off Back Wall, Turn and Shuffle](#)
13. Repeat #12, Turn and Hit for Backhand
 - Toss ball from behind, they turn, shuffle, and hit to front wall.
 - Toss off back wall, they turn shuffle, hit to front wall.
 - 1) [Junior Racquetball Drop Turn and Hit Backhand](#)
 - 2) [Junior Racquetball Turn and Hit Shuffle Backhand](#)
 - 3) [Junior Racquetball Toss Ball off Back Wall Turn and Shuffle Backhand](#)
14. Students Serve:
 - Drop and hit. Practice with a forehand stroke to forehand and backhand side.
 - Have student stand in the middle to serve.
 - As soon as the ball crosses the short line, back out quickly towards the dashed line, looking over your shoulder, to see where your ball and your opponent are. [Junior Racquetball Server/Receiver](#)

15. Instructor rallies with each student. (It is important that the kids start with multi-bounce for safety reasons and time to get out of the way of their opponent and practice proper technique, especially off the back wall. As they get better at moving around the court take a bounce away. Four major rules in multi-bounce.

- If the ball rolls on the floor, do not swing, the ball is dead.
- If the ball comes off the back wall, the student must strike the ball before it crosses the short line. (Instructor's Discretion)
- 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.
- 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.
 - 1) [Junior Racquetball Instructor Serves to Forehand Multi-bounce off Back Wall](#)
 - 2) [Junior Racquetball Instructor Serves to Backhand Multi-Bounce](#)

16. It's best to play one-on-one with each student. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.

- [Junior Racquetball Serves Multi-Bounce](#)

17. You can also have workout stations outside the courts that the kids must go thru before they can get back on the court. It's amazing how much they love this part!

- [Junior Racquetball Ladder Drills](#)
- [Junior Racquetball Bosu Jump and Turn Drill](#)
- [Junior Racquetball Bicycle Ab Crunches](#)
- [Junior Racquetball Rainbow Planks](#)

18. If time permits, play clap, and catch. [Junior Racquetball Clap and Catch](#)

Lesson Three, Continuing Turn and Hit, LOB Serves

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

1. Everyone has their racquet, eyeguards on and one ball.
2. Walk and tap ball in center of racquet to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - **(Press Ctrl + Click on link if on computer)**
3. Walk and tap ball in center hitting up and down.
4. Walk and twist wrist so hit center of ball on both sides of racquet.
 - [Junior Racquetball Twist Wrist Up and Down](#)
5. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
6. Stretching with Racquet: [Junior Racquetball Stretches](#)
7. Repeat Pledge holding racquet high in the air: 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.)
8. Two Circles on the front wall. (Can use white board markers if they are easy to erase on the front wall, do not use the color red. Another option, tape paper plates to the front wall.)
 - Write on them **“Hit Me!”**
 - Form 2 lines, 2 teams, practice hitting the target.
 - They must step and throw to incorporate transferring their weight from back foot to front foot and focusing on the target on the front wall.
 - Have teammates feed their team throwing the ball. The first team to get 10 bullseyes wins.
 - 1) [Junior Racquetball Hit Me Drill](#)
9. Practice Turn and Hit (Forehand). Student faces front wall in ready position, instructor drops the ball, student turns, racquet up and hits the ball to front wall.
 - Toss ball from behind, they turn, shuffle, and hit to front wall.
 - Toss off back wall, they turn shuffle, hit to front wall.

- 1) [Junior Racquetball Turn and Hit](#)
 - 2) [Junior Racquetball Toss from Behind, Turn and Hit Shuffle](#)
 - 3) [Junior Racquetball Toss Ball off Back Wall, Turn and Shuffle](#)
10. Repeat #12, Turn and Hit for Backhand
- Toss ball from behind, they turn, shuffle, and hit to front wall.
 - Toss off back wall, they turn shuffle, hit to front wall.
 - 1) [Junior Racquetball Drop Turn and Hit Backhand](#)
 - 2) [Junior Racquetball Turn and Hit Shuffle Backhand](#)
 - 3) [Junior Racquetball Toss Ball off Back Wall Turn and Shuffle Backhand](#)
11. Practice Serving:
- Drop and hit. Practice with a forehand stroke to forehand and backhand side.
 - Have student stand in the middle to serve.
 - As soon as the ball crosses the short line, back out quickly towards the dashed line, looking over your shoulder, to see where the ball and your opponent are. [Junior Racquetball Server/Receiver](#)
12. Teach Lob Serve to Forehand and Backhand:
- Drop and hit. Practice with a forehand stroke to forehand and backhand side.
 - Have student stand in the middle to serve.
 - Slow swing, high lift to ceiling, first bounce past short line.
 - As soon as the ball crosses the short line, back out quickly towards the dashed line, looking over shoulder, to see where your ball and your opponent are.
 - 1) [Junior Racquetball Lob Serve Instructor](#)
 - 2) [Junior Racquetball Lob Serve to Backhand](#)
13. Instructor rallies with each student. It is important that the kids start with multi-bounce for safety reasons. This gives them time to get out of the way of their opponent and practice proper technique, especially off the back wall. As they get better at moving around the court take a bounce away.

- Four major rules in 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.
- 14. It's best to play one-on-one with each student. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.
- 15. Set up workout stations outside the courts that the kids must go through before they can get back on the court. It's amazing how much they love this part! Be creative and add your own!
 - [Junior Racquetball Ladder Drills](#)
 - [Junior Racquetball Bosu Jump and Turn Drill](#)
 - [Junior Racquetball Bicycle Ab Crunches](#)
 - [Junior Racquetball Rainbow Planks](#)
- 16. If time permits, shuffle tag with racquetball.
 - [Junior Racquetball Shuffle Tag](#)

Lesson Four, Review Lob Serve, Ceiling Shot

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

Everyone has their racquet, eyeguards on and one ball.

1. Walk and tap ball in center of racquet to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - **(Press Ctrl + Click on link if on Computer)**
2. Walk and tap ball in center hitting up and down.
 - Walk and twist wrist so hit center of ball on both sides of racquet.
[Junior Racquetball Twist Wrist Up and Down](#)
3. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
4. Stretching with Racquet: [Junior Racquetball Stretches](#)
5. Repeat Pledge holding racquet high in the air: 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.)
6. Happy Feet Drill: [Junior Racquetball Happy Feet Drill](#)
7. Practice Turn and Hit for Forehand
 - Shuffle drill where student goes from side to side, turns and hits ball to front wall. Instructor tosses ball at an angle into the wall.
 - [Junior Racquetball Shuffle Side to Side Turn and Shoot](#)
 - Student faces front wall in ready position, receiver stance. Instructor soft serves the ball to the student's forehand, student turns, racquet up and hits the ball to the front wall.
 - Next time student turns, racquet up and waits for it to come off the back wall and after 1 or more bounces hits to the front wall.
8. Repeat #8, Turn and Hit for Backhand
 - [Junior Racquetball Turn and Hit off Back Wall Backhand](#)

9. Review Lob Serve to Forehand and Backhand:

- Drop and hit. Practice with a forehand stroke to forehand and backhand side.
- Have student stand in the middle to serve.
- Slow swing, high lift to ceiling, first bounce past short line.
- As soon as the ball crosses the short line, back out quickly toward the dashed line, looking over your shoulder, to see where your ball and your opponent are.

1) [Junior Racquetball Lob Serve Instructor](#)

10. Teach Ceiling Shot:

- [Junior Racquetball Instructor Ceiling Forehand Shot](#)

- 1) Defensive shot when you are in trouble!
- 2) Front shoulder faces the front row of lights.
- 3) Aim for the lights.
- 4) Flick of the wrist.
- 5) Transfer weight from back foot to front foot.
- 6) Instructor drops the ball; student hits ball up to the lights.
- 7) Instructor hits ceiling balls to the student, they try to hit it up to the lights either side.

11. Instructor rallies with each student. It is important that the kids start with multi-bounce for safety reasons. This gives them time to get out of the way of their opponent and practice proper technique, especially off the back wall. As they get better at moving around the court take a bounce away.

12. It's best to play one-on-one with each student. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.

13. Set up workout stations outside the courts that the kids must go through before they can get back on the court. It's amazing how much they love this part! Be creative and use the toys you have at your club! If time permits, relay up and down courts, shuffling only, with the ball as the baton. [Junior Racquetball Shuffle Relay](#)

Lesson Five, Kill Shots and Passing Shots, Z Serve

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

1. Everyone has their racquet, eyeguards on and one ball.
2. Walk and tap ball in center of racquet to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - **(Press Ctrl + Click to follow link)**
3. Walk and tap ball in center hitting up and down.
4. Walk and twist wrist so hit center of ball on both sides of racquet.
5. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
6. Stretching with Racquet: [Junior Racquetball Stretches](#)
7. Repeat Pledge holding racquet high in the air: 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.)
8. Play “Simon Says”. Kids are holding racquet.
 - [Junior Racquetball Simon Says](#)
9. Teach Kill Shot and Passing Shot: [Junior Racquetball Kill Shot](#)
 - Facing the side wall, with no racquet, toss ball into the air and catch with one hand (hand you hold your racquet with) when it is close to your knee height. (If you hit the ball between your knee and your waistline, then it becomes a passing shot.)
 - Instructor tosses the ball up and student (Racquet by ear) waits for it to drop before striking the ball with a forehand stroke.
 - Student (Racquet by ear) tries to toss the ball himself or bounce off the side wall and strike the ball when it is low.
 - 1) [Junior Racquetball Toss Ball into Wall and Hit](#)
10. Teach Z Serve: [Junior Racquetball Z Serve](#)
 - Instruct serving rule: As soon as the ball crosses the short line, back out quickly to dashed line, looking over shoulder, to see where your ball and your opponent are.

11. Instructor rallies with each student. It is important that the kids start with multi-bounce for safety reasons and time to get out of the way of their opponent and practice proper technique, especially off the back wall. As they get better at moving around the court take a bounce away.
12. It's best to play one-on-one with each student. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.
13. You may have a few students who are ready for 2 bounces only. (One bounce off the back wall). Batch your students to their skill levels and not their age.
14. Have workout stations outside the courts that the kids must go through before they can get back on the court. It's amazing how much they love this part! I suggest that you set up 4 stations with signs on the floor with instructions. I've added 2 more to your list.
 - [Junior Racquetball Jumping Jacks](#)
 - [Junior Racquetball Cone Shuffle and Run Drill](#)

Lesson Six, Review Z Serves and Kill/Passing Shots, Teach Angles Shots

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

1. Everyone has their racquet, eyeguards on and one ball.
2. Walk and tap ball in center of racquet to the floor.
 - [Junior Racquetball Tap Ball and Walk](#)
 - **(Press Ctrl + Click to follow link)**
3. Walk and tap ball in center hitting up and down.
4. Walk and twist wrist so hit center of ball on both sides of racquet.
5. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
6. Stretching with Racquet: [Junior Racquetball Stretches](#)
7. Repeat Pledge holding racquet high in the air: 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.)
8. Lines.... Run and Shuffle: [Junior Racquetball Shuffle Line](#)
 - Students holding racquets at waistline. One at a time against back wall, athlete runs (to center) to the dashed line, shuffles laterally, touching both walls with racquet and then returns to center, run forward to short line, shuffles laterally, then runs to service line, shuffles laterally, then runs to front wall and catches his breath.
 - When everyone has gone thru, start again and run backwards to service line, short line, and dashed line with lateral shuffles. Finishing running backwards to the back wall.
9. Warm up with Kill Shots: [Junior Racquetball Kill Shot](#)
 - Facing the side wall, with no racquet, toss ball into the air and catch with one hand when it is close to your knee height.
 - Student tries to toss the ball himself or bounce off the side wall and strike the ball when it is low to the front wall.
 - [Junior Racquetball Toss Ball into Wall and Hit](#)

10. Teach Angle Shots (Forehand and Backhand).
 - [Junior Racquetball Angle Shots](#)
 - Student stands in the center facing side wall. The instructor drops the ball, and the student hits the ball into the side wall (high or low). You can practice backhand if they are good enough.
11. Review Z serves, forehand and backhand.
 - [Junior Racquetball Z Serve](#)
12. Separate kids to go to different courts. They practice angle shots and Z serves.
13. It's best to play one-on-one with each student. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.
14. You may have a few students who are ready for 2 bounces only. (One bounce off the back wall). Batch your students to their skill levels and not their age.
15. Have workout stations outside the courts that the kids must go through before they can get back on the court. You can use the ones I've posted or create your own.
16. If there is time, have a plank on elbows competition. Winner gets a small prize, maybe a smoothie at the juice bar.
 - [Junior Racquetball Plank Competition](#)

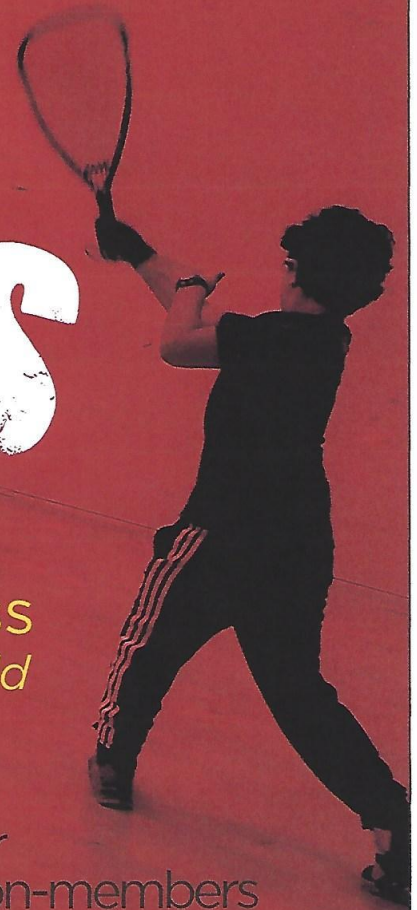
Lesson Seven, Back Wall and Play Games

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

1. Everyone has their racquet, eyeguards on and one ball.
2. Walk and tap ball in center hitting up and down.
3. Walk and twist wrist so hit center of ball on both sides of racquet.
4. Find a wall and practice tapping ball against wall with one bounce. Try to do 3 in a row, then 4, 5 +. You can make it a contest with the group.
 - [Junior Racquetball Tap Ball in Wall Contest](#)
5. Stretching with Racquet: [Junior Racquetball Stretches](#)
6. Repeat Pledge holding racquet high in the air: 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.)
7. Teach Hitting into the Back Wall, forehand and backhand
 - Instructor drops the ball facing the back wall.
 - Instructs student to hit high on the back wall.
 - Instructor does a deep lob serve where the student attempts to hit into the back wall.
 - 1) [Junior Racquetball Hit Ball into Back Wall Forehand](#)
 - 2) [Junior Racquetball Hit Ball into Back Wall Backhand](#)
8. You may have a few students who are ready for 2 bounces only. (One bounce off the back wall). Batch your students to their skill levels and not their age.
 - [Junior Racquetball Multi-Bounce Rally](#)
 - [Junior Racquetball One Bounce Rally](#)
 - [Junior Racquetball King/Queen of the Court, One Bounce vs. Multi-bounce](#)
9. Have students begin to rally with each other with the coach on the court. Do not keep score but play by the rules of a game. Hopefully, you have 2 or 3 courts to send the kids to with additional coaches.
10. Have workout stations outside the courts that the kids must go through before they can get back on the court. It's amazing how much they love this part. (Be creative!)
11. Play King/Queen of the Court. [Junior Racquetball King of the Court Rules](#)

Classes begin October 25

HOT SHOTS



Junior
Beginner
Racquetball Class
for ages 8 - 15 years old

\$40 for members

\$65 for non-members

Monday Evenings • 6:30pm - 8:00pm

at

SPORTSCLUB FIVE FORKS

7-Week long class, each Monday from October 25 - December 6.
Hot Shots Pizza Party on December 6!

Racquets and Eyeguards will be provided.

Class Size is Limited! Sign Up Today!

➔ Sign up at www.RQTBL.net ◀