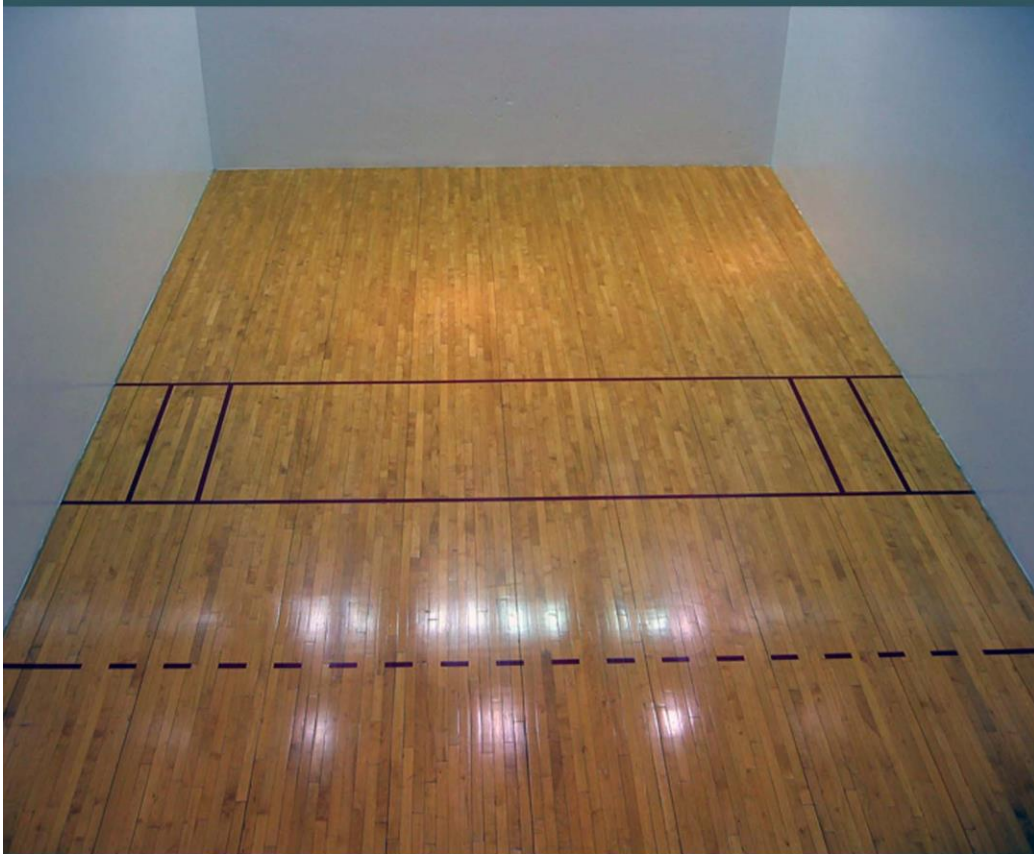




Play Racquetball Facility Lesson Plan



Play Racquetball Facility Lesson Plan

Warm-up:

- Fun game to get kids running – Freeze Tag
- Stretch (focusing on legs and arms)

Down the line pass – Forehand (10 min)

Watch the video: <http://youtu.be/UB98eDdEjE>

- Explain targets on the wall and bath mats on the floor (see diagrams below)
- Practice swings (watch the down the line pass video prior to lesson delivery)
- Drop and hits
- Practice from all three court positions

Down the line pass – Backhand (10 min)

Watch the video: <http://www.youtube.com/watch?v=QVL4JX79Tl8>

- Explain the targets on the floor and walls
- Practice swings (watch the down the line pass video prior to lesson delivery)
- Drop and hits
- Practice from all three court positions

Half Lob Serve

- Demonstrate and practice (this is an easy serve to get the ball into play)
- Explain a few simple serving rules

Cross Court – Forehand (10 min) (See below for diagram)

Watch the video: <http://youtu.be/Hc5ebB-Bheg>

- Explain the targets on the floor
- Practice swings (watch the cross court video prior to lesson delivery)
- Drop and hits
- Practice from all three court positions

Cross Court – Backhand (10 min)

Watch the video: http://www.youtube.com/watch?v=a7_Bypt5uDI&feature=share&list=UUdxakwimilNEEnGN5dDpNig

- Explain the targets on the floor and wall
- Practice swings (watch the video prior to the lesson, note little explanation on grip and stance)
- Drop and hits
- Practice from all three court positions

Mini Game (10 min)

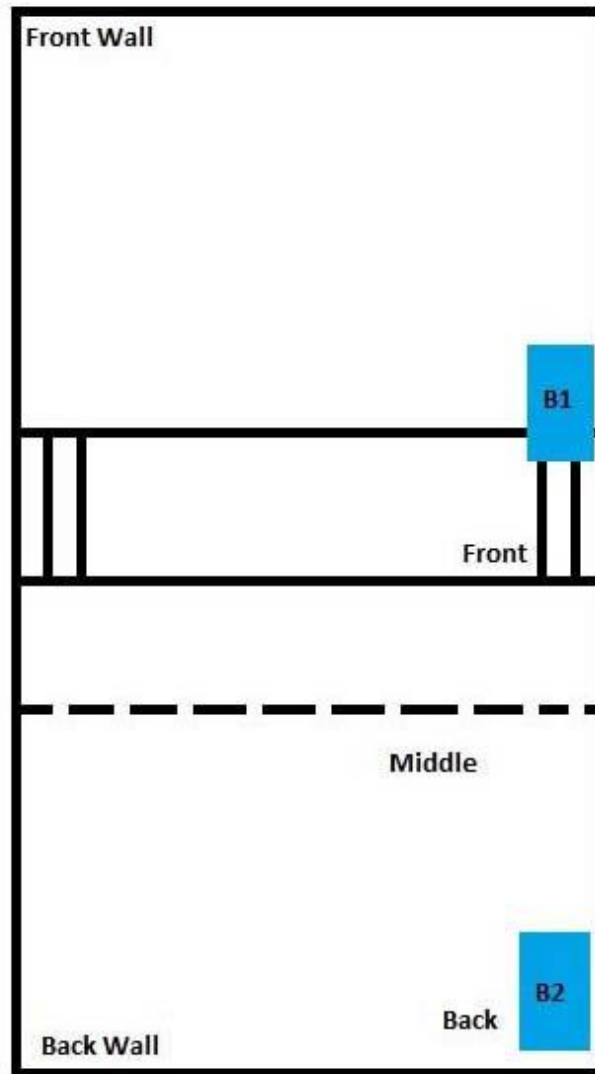
- Explain simple rules
- Demonstration game to 5 points or let the players play a game depending on number of participants and courts





How to Set-up Targets

Down the Line Pass

- 2 1/2'  Beginner above the blue line
- 1 1/2'  Intermediate between the lines
- Advanced below the green line



Cross Court Pass

12"  Beginner above the blue line
6"  Intermediate between lines
Advanced below green line

