

Racquetball Ireland

Coaching the Fundamentals

COACHING RESOURCES



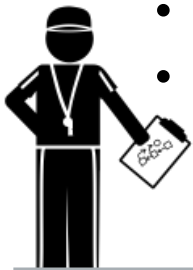
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RACQUET GRIPS
FOREHAND SWING
BACKHAND SWING

1. RACQUET GRIPS

Forehand Grip

- Handshake your racquet as it is held perpendicular to the sidewall
- The letter V is formed with the thumb as one side of the V and the index finger as the other
- The grip should be firm but not too loose or too tense.
- Make sure to hold grip at the bottom for more power.



Forehand Grip Coaching Tip!

Coach, Hold the head of the racquet and ask your player to shake hands with the racquet grip



Backhand Grip

- Grip the racquet with a V grip like your forehand grip but with a slight ¼" turn of the racquet handle towards the floor.
- Using the clock positioning, you'll want the "V" formed by your thumb and index finger to be at the 11 o'clock position
- This slight turn helps keep the racquet face perpendicular to the floor at the point of contact with the ball and assists in hitting the ball straight



Backhand Grip Coaching Tip!

Coach, ask your player to hold their racquet under their non playing arm. Get them to pull it out like a sword from a sheath. This provides a good guideline for the backhand grip!



Practive Switching Grips Drill

Stand in parallel facing the wall and take a step like you're about to perform a forehand stroke. Then, move your feet again and switch to a backhand grip. Keep doing this over and over again.

You'll feel the racquet moving almost on its own because the center of gravity for the racquet will naturally make it rotate. Your job is to stop it from turning too much by locking in your grip in each position.

2. FOREHAND SWING

Forehand Swing Stance/Setup

- Body Position: Face the side wall, knees slightly bent, legs shoulder width apart.
- Racquet Preparation: Hold racquet up at ear level, using forehand grip with wrist cocked and your elbow almost parallel to the ground. This is the set position for your forehand stroke.



Forehand Stance Coaching Tip!

Coach, Get your players to pretend they are a baseball batter and the front wall is the pitcher.

Most people will turn sideways to the front wall.

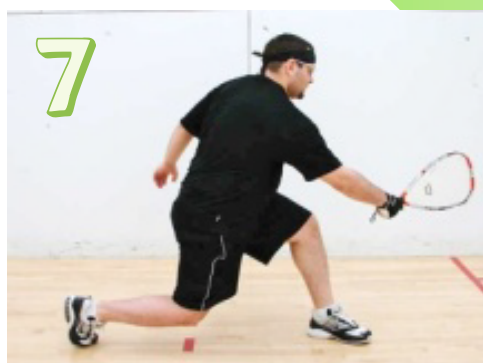
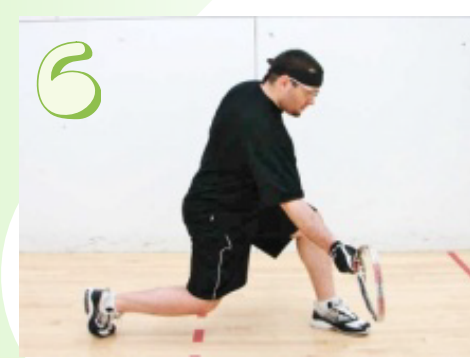
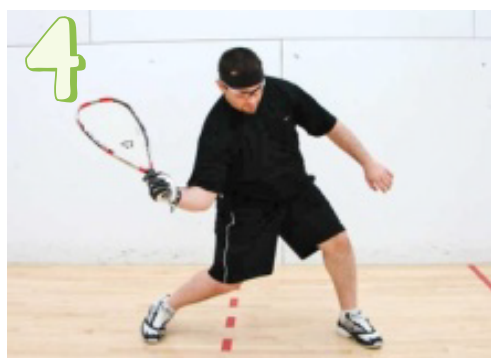
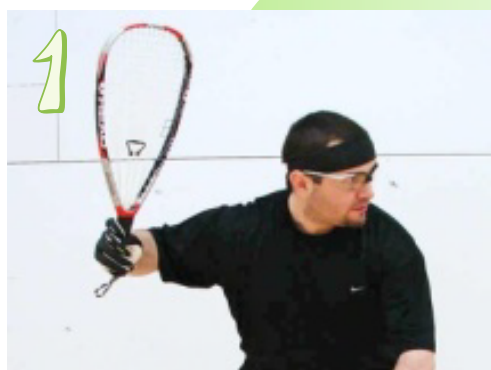
This is important.

You must be facing the side wall to hit a racquetball properly.



Forehand Swing

1. in set position, weight starts on back foot and transfers onto front foot.
2. Rotate hips and lower body first.
3. Swing is led by your elbow and contact is made with the ball at front heel.
4. As you come towards hitting the ball, your arm and wrist should be in-line with your elbow and facing perpendicular to the floor.
5. Snap wrist, 'squish the bug'(twisting) with your back foot and follow through by continuing to swing after the ball is struck until your hips and body are facing the front wall.



Always Remember!
'Out and Around'
NOT
'Up and Down'
when swinging.

3. BACKHAND SWING

Backhand Swing Stance/Setup

- Body Position: Face the side wall, knees slightly bent, legs shoulder width apart.
- Racquet Preparation: Hold racquet up above shoulder, using backhand grip, arm bent at 90 degrees, wrist cocked and elbow chest high. This is the set position for your backhand stroke.



Backhand Swing Coaching Tip!

Coach, get your players to practice throwing a Frisbee.

Throwing a frisbee leads with the hips and lower body, then the elbow and finally snapping your wrist. It also calls for your body position to be in a sideways stance.



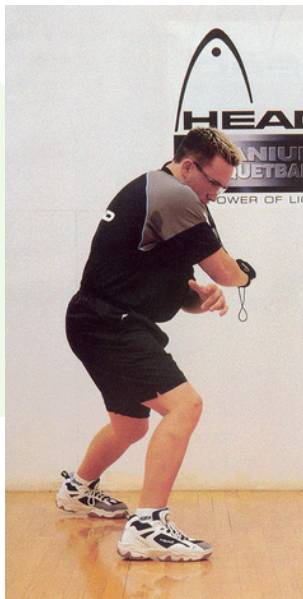
Backhand Swing

1. in set position, weight starts on back foot and transfers onto front foot.
2. Rotate hips and lower body first.
3. Swing is led by your elbow and contact is made with the ball at front heel.
4. As you come towards hitting the ball, your arm and wrist should be in-line with your elbow and facing perpendicular to the floor.
5. Snap wrist, 'squish the bug'(twisting) with your back foot and follow through by continuing to swing after the ball is struck until your hips and body are facing the front wall.
6. Your body should be uncoiled and hips facing the front wall.

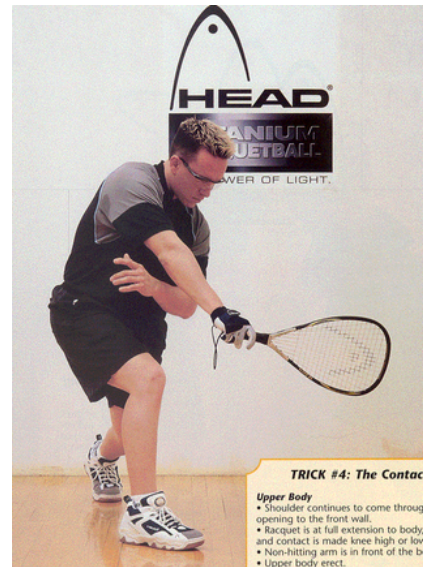
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Always Remember!

Coaches, power comes from your hip and lower body rotation not your arm and shoulder on the forehand and backhand - Focus on this.

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