

ERROR DETECTION

BEGINNERS TO D PLAYERS

PROBLEM

1. Ceiling balls not struck high enough.
2. Drive serves are carrying too deep.
3. Drive serves are coming back toward server.
4. Ball traveling out of court often.
5. Lob serves are going long.
6. Shots are hit with little direction.
7. Balls are skipping often.
8. Backhand shots are slicing.

SOLUTION

1. Contact ball shoulder high and above.
2. Contact ball further forward and lower.
3. Change ball drop and racquet angle.
4. Change to flat swing from pendulum swing.
5. Shorten swing and adjust wrist emphasis.
6. Set base of support, turn to side wall, stride.
7. Flatten swing and work on contact points.
8. Adjust grip.

C TO B PLAYERS

PROBLEM

1. Overuse of back wall.
2. Ceiling balls coming out short or missing.
3. Lack of success in hitting pinches.
4. Drive serves short often.
5. Getting aced to forehand side.
6. Frequently passed.
7. Little power with strokes.
8. Ceiling balls rebound off back wall.

SOLUTION

1. Earlier racquet preparation, rotate and x-over.
2. Racquet preparation and focus on contact pt.
3. Movement fundamentals and contact point.
4. Flat swing and lower contact with longer stride.
5. Adjust serve return position, cross over step.
6. Adjust ct. position deeper; watch opponent.
7. Grip, power base, leverage, mechanics.
8. Work on touch, shorter stroke, contact points.

A TO OPEN PLAYERS

PROBLEM

1. Takes low percentage shots.
2. Frequently passed.
3. Does not return defensive serves aggressively.
4. Getting passed frequently after serve.
5. Returns serves into floor often.
6. Susceptible to end of rally pinches.
7. Poor arsenal of serves.
8. Inconsistent with serve.

SOLUTION

1. Work on shot selection.
2. Adjust ct. position deeper; watch opponent.
3. Work on volleying, short hops and footwork.
4. Work on relocating deeper, movement skills.
5. Play more percentage racquetball.
6. Adjust ct. position forward, anticipate shot.
7. Practice varying location, speed, type, angle.
8. Focus on base of support and contact point.

COMMENTS: _____

