

Worst Shots in Racquetball
by Ed Fahey

No. 1 Worst shot in racquetball - Hitting the front wall and then the back wall on the fly.

- * This shot will lose you the rally 90% of the time.
- * Why? This shot brings your opponent closer to the front wall where it is easier for them to hit a good shot. It also decreases your reaction time since the ball has a shorter distance to the front wall and then to you.

No. 2 Worst shot in racquetball – Your shot going too far and coming off the back wall.

- * When you hit your ball too high and it bounces and then hits the back wall, most of the time it comes off high, slow and moving forward. Three things that you never want to give your opponent. Time, time and more time.
- * How to avoid the back wall? Bend and let the ball drop. The lower you hit the ball from then the lower it will stay. Also, keep your eyes on the ball and your head down.

No. 3 Worst shot in racquetball - The lazy serve.

- * The serve is the only time you get to drop the ball yourself so if you're not concentrating on hitting the best serve you can they your serving the lazy serve. Take your time, imagine the perfect ace serve and then go for it. If you miss then you have another chance.
- * On the second serve if you rush and just flip the ball up slowly so it goes anywhere then you have committed the number three worst shot in racquetball – “The lazy serve”. Pause, concentrate and serve a perfect lob!

No. 4 Worst shot in racquetball (doubles) – Jamming up your partner by serving off the back wall behind them. This is bad on many levels:

- A) First, it has hit the back wall causing “No. 2”.
- B) Next, it passes your partner pinning them on the side wall and not allowing them to get into center court (about two feet behind the dotted line). Now either your partner takes it in the back since your opponent is allowed to hit the ball straight to the front wall and is also a preferred shot (down the line), OR your partner is stuck on the wall while you play one on two!!!
- C) How to avoid this? Try the Nick Lob, Z serve, jam serve, an ace or don't serve behind your partner.

No. 5 Worst shot in racquetball - The failed Z shot

- * – Front wall, side wall (still very high), back wall on the fly and then side wall on the fly. The ball still traveling towards the front wall like in No. 1 but at an angle. This is very bad for the same reasons as No. 1.

No. 6 Worst shot in racquetball - Getting hit by your partner's shot while having your back to a wall.

- * “Nowhere to go” is no excuse. The court floor is 800 square feet.
- * Be smart and stay close to the middle two feet behind the dashed line. If your partner hits you there then they made a Booboo.
- * If you get hit while you are on the wall then you probably have just given a point to your opponent that they would have been yours. So, consider this a two point mistake.
- * How to avoid this? Always, always and for every second, keep your eyes on the ball. The wall never moves!!! If you watch the ball while your opponent or partner is hitting then you increase your reaction time by 50% and also will naturally move away from the path of the ball. Stay close to the middle but move way out of the way when you make a bad shot. It's safe and it's the rule! (continued on next page)

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Rule: You must allow your opponent a shot straight to the front wall and cross court to the corner opposite from where it was struck.

* Almost every time you get hit with the ball or the racquet it is your fault for not moving. ALMOST!!! The percentage is higher when the ball comes off the back wall. A lot higher!

No. 7 Worst shot in racquetball - Hitting the ball into the back wall when you did not have to.

* Hitting the ball into the back wall is strictly defensive. ALWAYS HIT FORWARD WHEN YOU CAN!!!

No. 8 Worst shot in racquetball - Hitting the ball high when you could have backed up or let drop.

No. 9 Worst shot in racquetball - Hitting the ball into the side wall first when you don't have to.

* If your opponent or opponents are close to the front or in front of you, don't hit the side wall first.

No. 10 Worst shot in racquetball - Hitting the ball into both side walls before hitting the front wall.

* It looks kind of cool sometimes but this is one of the lowest percentage shots going.

No. 11 Worst shot in racquetball - The avoiding shot. Don't hit around people, call a hinder.

No. 12 Worst shot in racquetball – Bad Doubles Positioning:

This happens when you stand too close and don't watch them hit. If you stand close, hug side walls and don't watch your opponent or opponents hit then this guarantees you to:

- * Be able to cover about 5 % of the court
- * Take only bad and defensive shots since they are coming at you so fast and you're not watching.
- * Take away all your partners good shots since they are 3 feet high, moving fast and are right at you but they would be 1 foot high, off the back wall, moving slowly and in your partners wheelhouse if you would let it go. But, of course you can't let it go since you are too close and not watching.
- * And lastly, "YOUR IN THE WAY OF EVERYONE ELSE AND DON'T KNOW IT SINCE YOU NEVER TURN AROUND"!

If this is YOU, then you are positioning yourself in the worst possible position for a doubles partner. No matter how successful you have been you can play better and make the game more fun for everyone by better positioning yourself.