

NAME

DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of racquetball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. From which other sport was racquetball derived?

2. What are some of the physical benefits to be gained from playing racquetball?

3. Who wins a game in racquetball and how? Who wins a match and how?

4. Describe the typical racquetball court.

5. What are “service zones?” “service boxes?”

6. Describe three basic types of strokes in racquetball.

7. It’s often said that “the serve is where the game of racquetball begins.” Why is this true?

8. What three kinds of errors can result in losing a serve?

9. What are the three basic types of serves in racquetball?
10. If a ball is below the knee, what should the player do? What should he/she do for a ball above the knee?