

RACQUETBALL UNIT HANDOUT: DEAD-BALL HINDERS

Dead-Ball Hinders: Result in the rally being replayed.

- A. Court Hinders
- B. Ball Hits Opponent
- C. Body Contact
- D. Screen Ball
- E. Back swing Hinder
- F. Safety Holdups
- G. Other Interference

Note:

1. Play stops when either player calls "hinder".
2. Five of the seven types can be placed into one of the following categories:
 - a. Contact
 - b. Stroke
 - c. Visual

In some instances, it is easier to remember the 3 categories.

1. Hinder calls have been incorporated in the game of racquetball as a measure of safety.

RECIPROCAL TASK SHEET 5

Name: Student "A": _____

Name: Student "B": _____

Directions: Two students will work together. Place both of your names on each task sheet. One individual is the "doer" and one is the "observer". Then they reverse roles.

Note: For items 1-2, one pair of students will be working in one-half of the racquetball court while the other pair of students will be working in the other half of the court. Students must stay on their side of the court. Items 1-4 are to be done five times before moving to next item. For safety, only two individuals can be in the court for item 3-4: Back-Wall Return Drill. One individual from each pair is to wait outside the court while the other individual completes one phase of this drill then individuals switch places.

	Student "A"		Student "B"	
	Yes	No	Yes	No
1. Back-wall Return: Forehand shot. Demonstrate the following positions: A. Movement pattern from center court area to back court area B. Forehand stroke ready position C. Movement pattern during forehand Stroke D. Movement pattern after hitting forehand shot				
2. Back-wall Return: Backhand shot. Repeat Items A-D above for Backhand shot				
3. Complete Back-Wall Drill: From forehand ready position: A. Toss ball onto back wall, on rebound let ball bounce on the floor then catch. B. Toss ball onto back wall. On the rebound let the ball bounce on the floor then hit it toward the front wall. C. Toss ball so it hits the floor then hits the back wall and rebounds into the court. During the flight of the rebound from the back wall, hit the ball toward the front wall before it bounces on the floor.				
4. From Backhand Ready Position: Repeat Items 3 A - 3 C.				