

The Definite and Essential Guide on How to Play Racquetball for Beginners

Racquetball is a fast-paced and exciting sport that can be enjoyed by people of all ages and fitness levels. It's a great way to get exercise, have fun, and meet new people. If you're new to the game, don't worry! This guide will teach you everything you need to know to get started.

You don't need much equipment to play racquetball. All you need is a racquet, a ball, and a pair of court shoes.

- **Racquets** come in a variety of shapes and sizes. If you're just starting out, it's best to choose a racquet that is lightweight and easy to handle.
- **Balls** are made of rubber and come in different sizes and weights. For beginners, it's best to use a ball that is soft and slow-moving.
- **Court shoes** are designed to provide support and traction on the court. They should be comfortable and fit well.

Racquetball is played on a court that is 40 feet long, 20 feet wide, and 20 feet high. The court is divided into two halves by a net that is 15 feet high.



RACQUETBALL FOR BEGINNERS: Definite And Essential Guide On How To Play Racquetball For Beginners by Michael Sandler

★★★★☆ 4 out of 5

Language : English

File size : 325 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 15 pages
Lending : Enabled
Screen Reader : Supported



The object of racquetball is to hit the ball against the front wall of the court and have it bounce back into the opponent's court. The ball can be hit with any part of the body, but it must be hit before it bounces twice.

A point is scored when the opponent fails to return the ball or hits it out of bounds. The first player to reach 15 points wins the game.

- **Start slowly.** Don't try to hit the ball too hard at first. Just focus on getting the ball back into the opponent's court.
- **Keep your eye on the ball.** This will help you track the ball and make sure you hit it squarely.
- **Move your feet.** Racquetball is a fast-paced game, so you need to be able to move quickly to get to the ball.
- **Don't be afraid to make mistakes.** Everyone makes mistakes when they're first starting out. Just learn from your mistakes and keep practicing.

Racquetball is a great sport for people of all ages and fitness levels. It's a fun way to get exercise, meet new people, and learn a new skill. If you're new to the game, don't worry! This guide has given you everything you need to know to get started. So what are you waiting for? Grab a racquet and a ball and head to the court!



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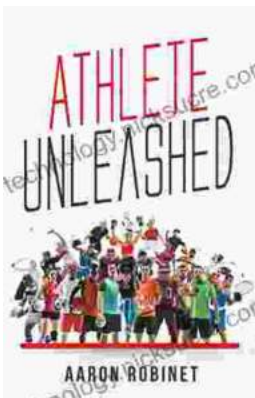
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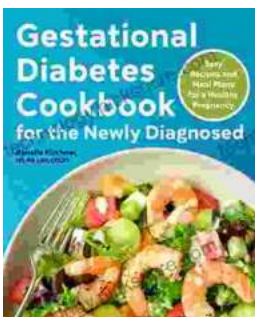
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