

Rocky Carson

Early Years

- Grew up playing racquetball
- Worked with some of the greatest coaches in racquetball
- Won multiple junior and national titles

Accomplishments

- 5x IRF World Champion
- 2x Pan Am Champion
- Won indoors, outdoors, singles, and doubles
- 2007 US Open Champion
- Competed on US team for most of career

Course

Why this Course

- Learn the basics and help improve overall game
- Correct issues in current game that you might not know how to fix
- Attain awareness
- It's not always what you do, but what you don't do that will lead you to success

Goals of the Course

- Improve on basics, fundamentals, and strategy
- Cost effective way to gain insight from Rocky Carson
- Improve awareness and gameplay
- Become more confident in developing your game skills

Structure of the Course

- Course → Lesson → Chapters
- Each lesson revolves around a key concept
- Chapters expand upon each concept

The Game of Racquetball

Types of Games

- Racquetball can be played in singles or doubles
- Three player games are also possible (Cutthroat)
- Indoor
 - Has four walls and a ceiling
- Outdoor
 - No back wall
 - Either played one wall or three walls
 - Played at a fast pace

Structure of a Game

- Racquetball uses “side out” scoring
 - Can only score when serving
- Amateur matches can last anywhere between 45 to 1 hour and 30 minutes
- Professional matches can last from 40 minutes to 3 hours

Equipment

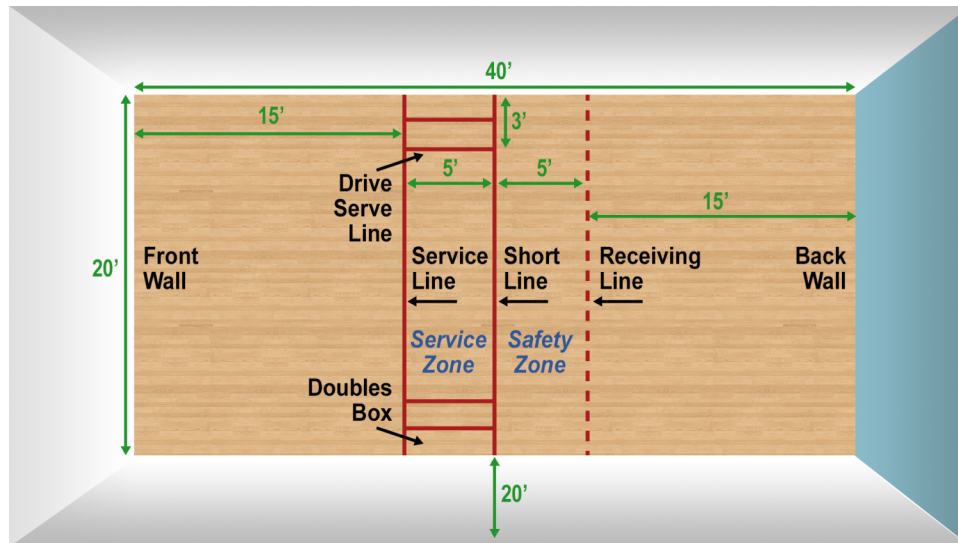
Basic Equipment Required

- Racquet
 - Balanced weight
 - Hits hard and is forgiving
 - Large sweet spot
- Ball – Penn HD used on tour
- Eye guards
 - Make sure they keep your eyes safe
 - Make sure they are comfortable and fit well
- Indoor court shoes
 - Recommend something with gum rubber
 - Something that allows you to comfortably move laterally from side to side
- Possibly a glove
 - Allows for best grip

The Court

Layout

- The size of the court is 40' by 20' by 20'.
- The service line is 15 feet from the front



Key Rules

Scoring

- Remember racquetball uses side out scoring
- Pro tour plays best of five games to eleven, win by two
- Amateur is best out of three to fifteen, tie breaker to eleven
- Ways to lose a rally:
 - Skip Ball: Hitting the ball into the ground on the way to the front wall
 - Hitting the ball after the second bounce

Hinders

- Occurs when opponent impedes on your opportunity of hitting a shot or getting to the ball.
 - Usually results in a replay, unless the opponent is taking a defensive opportunity away from you
 - Hinders exist for safety reasons

Fitness

[Fitness for Racquetball](#)

- Fitness is a key component in racquetball success
- Need stamina to maintain a high level of play
- Need endurance and stamina
 - Play for a long period of time
 - This helps increase endurance and stamina
- Endurance Strength allows you to keep attacking the ball properly
- Explosive strength allows quick and powerful shots
- A tired body results in a tired mind
- Think with your feet
- Strong leg fitness is key to properly executing shots
- Perform leg exercises such as lunges
- Work on core strength by performing sit ups, push ups, and pulldowns

Conclusion

[Conclusion to Winning Racquetball](#)

- The next lessons cover Core Swings, Core Serves, Core Returns, Footwork, and Strategy for Success

