

Glossary of Terms

**RACQUETBALL
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Apex- the highest point in the arc of ball travel, after which the ball changes direction. (Paying attention to this will help you determine where the second bounce will be (also in The 37 Secrets)

Block out- when the hitter is able to successfully keep the non-hitter in the dead zone. (Also in The 37 Secrets)

Blind spot- a small area where the hitter cannot see the non-hitter, because she must concentrate on hitting the ball.

Charging front court ó when a player starts sprinting to the front wall, in premature anticipation of a ball that hasn't even been hit yet, (usually resulting in loss of rally for that player)

Coil- shoulder and hips slightly turned with racquet up, -usually found during the 'hold'

Clean line- a down the line shot that doesn't hit any sidewall, ever, not even after 4 or 5 bounces

Dead zone- the area directly behind an opponent in deep in the court, where the non-hitter is not able to cover any shot. (A bad place to be)

Delivery height- height at which you actually hit the ball relative to you body. Most players are conditioned to hit the ball when it is low, about shin high. A good idea, but if you *only* do this, you are ignoring another dimension of the court. Add some vertical control to your game by hitting your favorite shots from different delivery heights like knee, waist, and belly. You'dl have to drop your hips for the higher ones, and adjust your intended target height as well.

Dribble- a down the line that hits the sidewall after hitting the front wall a few feet from the front wall, but bounces twice quickly off the side wall (dribbles out-not a clean line)

Drop your hips- also known Delivery height: height at which you actually hit the ball relative to you body. Most players are conditioned to hit the ball when it is low, about shin high. A good idea, but if you *only* do this, you are ignoring another dimension of the court. Add some vertical control to your game by hitting your favorite shots from different delivery heights like knee, waist, and belly. You'd have to drop your hips for the higher ones, and adjust your intended target height as well.

Target height- the height of the intended target on any wall or ceiling.

Drop your hips- **also** known as get down or get low, but it is letting your hips drop evenly towards the floor, then performing whatever action you are doing. Everything is easier when you drop your hips as in "get down or get low", but it is letting your hips drop evenly towards the floor, then performing whatever action you are doing. Everything is easier when you drop your hips

Stay away- Keep your hips and shoulders an equal distance away from the ball. Preferably the exact distance to the center of your strings.

Mojo- As in "Add some Mojo to it." To perform the desired action as though you own it, and /or to add a little of your own style to it. Ask anyone who's seen a Sudsy Splat, a Mannino Dive or a Kane Anything.

Faking coverage- when the non-hitter attempts to trick the hitter into thinking they are going to cover one particular area of the court, by quickly moving in a certain direction right before the hitter strikes the ball, or by quietly drifting behind the hitter into their blind spot.

Flat swing- swing when the racquet face is perpendicular to the floor at least 22 inches of head travel before contact.

Floater- a slow off speed pass

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Joy zone- the exact spot where the hitter loves to hit the ball. (Similar to the strike zone). In both height and depth in relation to the hips a shoulders, also known as "when the ball falls into your bucket"

Head travel- the distance in the air that the racquet head travels, too much head travel is a mistake common on the forehand stroke

Hip throw- a short stroke used in the frontcourt, sometimes with open stance. (Used when you don't have time or room to use a full swing).

Hitter vs. Getter- a Hitter is more likely to be aggressive off of their opponent's shot, while sacrificing coverage of the lines. A Getter is more likely to retrieve more balls, keeping it in play but sacrifices some offensive opportunities because he is often "on top of the ball"

Hold - a brief span of time when the hitter is ready, coiled and waiting for the ball to drop, often on an off- the- back-wall set-up, before the 'set' and swing. (Better players never look rushed because they are usually waiting for the ball to come to them)

Hold, Set, Swing - sequence of actions to prepare to hit the ball of a set up, often for an off-the-back-wall or short ceiling ball set-up

Lane- divisions of the court by dividing the court lengthwise, example- passing lanes, (as in crowd the lanes to "force" your opponent into hitting certain shots)

Mojo - As in "Add some Mojo to it." To perform the desired action as though you "own" it, and /or to add a little of your own style to it. Ask anyone who's seen a Sudsy Splat, a Mannino Dive or a Kane Anything.

Mushy pinch- a pinch that hits the front wall first, then the sidewall

Open stance- when the hitter hips are facing the front wall during her shot

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On top of the ball- (or over running the ball) when a player is too close to the ball because of rushing or charging to the ball, where it ends up too close to their body for any swing to be effective, and they can only swat at it.

Set- the last step before striking the ball when body weight is evenly balanced. (A bad set is when the hitter is off balance before even striking the ball).

Set-up- a ball that will drop nicely into your joy zone

SSWA- a wide-angle shot hit to the (strong side) same side as the hitter (SSWA same side wide angle.)

Stay away- keeping your hips and shoulders an equal distance away from the ball. Preferably the exact distance to the center of your strings from your extended hitting arm.

Strong side- the side of the court the non-hitter is on

Target height- the height of the intended target on any wall or ceiling.

The box- another word for the service box, (a good place to be)

Tracking the ball- watching a fast moving ball while getting your self into position to hit it Pretend to have eyes in your shoulders, always keep one eye on the ball.

Weak side- the side of the court the non-hitter is on

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