

## UK-Racketball Training

### Fitness Training Bolt-ons

**“I hated every minute of training, but I said, don’t quit. Suffer now and live the rest of your life as a champion”  
Muhammad Ali**



#### Technical Focus

Quality of your ghosting. Split step. Staying low.

When ghosting focus on visualising a rally playing out. Don't think about just running to a corner and swinging the racket. Think about what shot has taken you to that corner, what shot you're going to play from that corner. Are you defending or attacking in the rally. Make sure that you imagine watching the ball!

#### Exercise – 2 players

Player 1 ghosts then player 2 ghosts. Both players jump together. Player 1 ghosts. The only rest period is when your partner is ghosting.

Complete 10 ghosts between each set of jumps.

- 1<sup>st</sup> Set: 10 superman jumps
- 2<sup>nd</sup> Set: 20 lunge jumps fast
- 3<sup>rd</sup> Set: 20 tuck jumps
- 4<sup>th</sup> Set: 10 lunge jumps – 2 second pause
- 5<sup>th</sup> Set: 10 burpees

#### Exercise – 3 players

Player 1 rests, player 2 ghosts while player 3 jumps. Rotate after each set of 10 ghosts.

- 1<sup>st</sup> Set: 10 superman jumps
- 2<sup>nd</sup> Set: 20 lunge jumps fast
- 3<sup>rd</sup> Set: 20 tuck jumps
- 4<sup>th</sup> Set: 10 lunge jumps – 2 second pause
- 5<sup>th</sup> Set: 10 burpees