

UK-Racketball Training

Solo Skills Practice



“If you don’t practice then you don’t deserve to win”
Andre Agassi

The solo exercises below are designed to practice all shots and from different areas on the court. Remember that it is purposeful practice makes perfect. All of the exercises below have a competitive element so focus your mind.

With breaks the following test should take you a standard court booking time to complete roughly 40 minutes

Service Box Hitting Test 2 minutes each side

Start on the forehand and hit the ball continuously into the service box. Count how many times the ball lands inside the lines in a row. If the ball lands outside the line or the rally breaks down start the count from zero and work your way back up. Once the 2 minutes are up record your highest score and move over to the other side.

Drop Shot Skill Test 2 minutes each side

Place a piece of A4 paper three racket lengths from the front wall. Stand behind the short line when you feed the ball but you can move anywhere after you have hit your feed. The test is to see how many times you can hit the target within two minutes. You will need to use the right spin and take the pace off the ball to make it land so close to the front wall.

One above, one below straight drive skill test 2 minutes each side

One foot must stay behind the short line at all times. See how many shots you can do continuously with one above and then one below the line. The ball must bounce. You are not allowed to move in front of the short line. Every time that the rally breaks down you must start from zero.

Drop Volley Skill Test 2 minutes each side

Place a piece of A4 paper two racket lengths from the front wall. The test is to see how many times you can hit the target within the allotted time.

Continuous Volley Test – 3 minutes

Player stands on the short line and hits continuous volleys. If the player has to move in front of the short line or the rally breaks down for any reason then counting must start again.

Two Wall Boast Test – 2 minutes each side

Player tapes two sheets of A4 paper to the front wall directly in front of the half court line. Player stands at the back of the service box and hits rotating drives to themselves. The player chooses when to boast. They have 20 shots count how many hit the target.



Volley figure of 8's Test – 3 minutes

Stand on the T and hit figure of 8's. Hit the front wall just before the side wall so that the ball ends up coming straight back to your starting position. Work on how many you can hit consciously. Focus on keeping in rhythm and then fast hands and feet to keep the rally going.

Straight Deep Drives – 2 minutes each side

The ball must bounce behind the service box not stray outside of a service box width. Build the biggest rally that you can within the time frame. If the ball hits the back wall on the full or the rally breaks down for any other reason you must start the count again from zero.

Boast and Lob – 2 minutes finisher

Start in the back corner and hit a boast. You must retrieve the boast and hit a lob. You must then retrieve the lob and hit a boast. If the ball bounces twice or the rally breaks down for any other reason then you must start the count again from zero.

