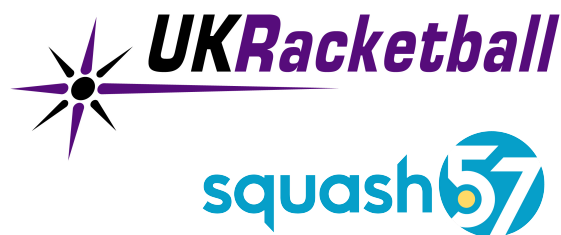


UK-Racketball Solo Session Competition



Hit the box – 2.5 mins each side

How many forehands can you hit consecutively into the service box?

How many backhands can you hit consecutively into the service box?

Hitting out of the back - 2.5 mins each side

How many forehands can you hit consecutively past the service box?

How many backhands can you hit consecutively into the service box?

Continuous Volleys – 2.5 mins each side

How many continuous forehand volleys can you hit from the half court line?

How many continuous backhand volleys can you hit from the half court line?

Figure of 8's – 2.5 mins each side

How many continuous figure of 8's can you hit? Hit the front wall then side wall forehand then backhand from the "T" with one bounce between each shot.

How many continuous figure of 8's can you hit? Hit the front wall then side wall forehand then backhand from the "T" you are not allowed the ball to bounce between shots.

Lob to target – 2.5 mins each side

Boast feed from the forehand, then backhand crosscourt. The ball must bounce within a racket length of the back wall. This does not have to be done continuously just as many as you can get in 2.5 mins.

Boast feed from the backhand, then backhand crosscourt. The ball must bounce within a racket length of the back wall. This is not continuous just as many as you can get in 2.5 mins.

Drop to Target – 2.5 mins each side

Forehand boast from the "T" then backhand drop to target (2 racket lengths)

Backhand boast from the "T" then forehand drop to target (2 racket lengths)