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Racquetball 101: The Basics Of The Game

By Gray Rollins

Like tennis, racquetball can be played in a game of "singles," where two players face off head to head, or "doubles" where teams of two compete against each other. There is also a three person variation of the game which is called cutthroat and is played in a round robin tournament style.

Tennis and racquetball have a lot in common, but although their rules and format are similar they require very different techniques and playing styles. Racquetball demands all of the agility, grace, speed, and strategy of tennis, but to be a great racquetball player you also need tremendous reserves of power.

Racquetball is in some ways a more brutal game than its refined cousin tennis, and a large part of becoming a master of racquetball is simply being able to hit the ball faster and harder than your opponent. Because power is such an important part of the game, racquetball strings and balls are created to allow the players to make the fastest and hardest shots that physics will allow.

The rules of racquetball are relatively simple. In racquetball, you and a partner take turns hitting a rubber ball in such a way that it bounces once on the floor in front of you, hits the front wall, and returns. As in most games, the primary objective in racquetball is to win the game by getting the most points. You win points by hitting the ball in such a way that your opponent can't hit it back to you.

Points are only given to the serving side; the one that started the "rally," or round, with the ball in hand. The most common end to a rally takes place when a player or team misses the ball twice, but there are several other ways for a rally to end. For example, if the ball touches a player's body or clothing, the rally ends; or if the ball bounces more than once on the floor before being hit by a player. Most amateur games are played to fifteen points, but professional games usually stop at eleven. You win a racquetball match when you or your team win two games in a row.

The game of racquetball is a very fast paced and challenging one, so it is little wonder that so many people make racquetball a regular part of their fitness routine. The game provides a great cardio workout while also providing compelling strategic problems, which helps keep players interested at all levels of excellence. Many people who have trouble sticking with a regular workout regimen turn to

racquetball as a way to get their exercise, because it is not difficult to stay motivated when presented with a game that is easy to learn, hard to master, and fun to play. Even a beginner can enjoy a lively afternoon of racquetball, but the strategy requires enough finesse to engage the interest of even a very accomplished and practiced player. The combination of speed, power, and intelligence that racquetball demands makes this game a great workout for both the body and the mind.

Gray Rollins is a featured writer for YourRacquetball. To learn more about racquetball, visit

<http://www.yourracquetball.com/>

and

<http://www.yourracquetball.com/racquetballgear/>

Racquetball Equipment For Starters

By Andrew Corner

Racquetball looks like a daunting sport to play with the ball bouncing heavily in a closed court. But with the right racquetball equipment, racquets, gloves, balls, clubs, supplies, and most of all attitude, the game becomes a fun albeit challenging experience. Too costly? Not really, because with the popularity and following the game has, sporting goods manufacturers produced a variety of equipment that could fit any budget.

The basic racquetball equipment set you need to start playing includes a ball and a racquet. Accessories like the gloves, grips, protective goggles, and other supplies are for safety and improvement of playing skills. Though these accessories can't guarantee that you'll win your first game, at least they'll keep possible bruises, muscle pains, and losing points difference to a minimum.

The first equipment you must pay attention to is your racquet. As a general rule, the more expensive the racquet, the better it is. But for starters, a medium-priced racquet will do just fine. Aluminum-framed racquets are cheap but you'll have to exert extra effort for more power. They also cause too much vibration making them harder to hold steady. Advanced players prefer the more expensive titanium or graphite frames because of the power these racquets give. These are basically light racquets for ease of maneuvers on the court. Balls and clubs are usually standardized, hence, whatever you buy is just fine. The differences between high-priced balls and clubs from lower-priced ones are so subtle that they are rendered insignificant.

Gloves are just like racquets. This is where price difference again come into play. Better quality gloves are generally more expensive. But before settling for cheaper gloves, consider this: The gloves, aside from helping you to hold and steady your racquet, also protects your hand from blistering. They also prevent possible wrist injuries. The blisters that cheap gloves might give you can dampen your interest in the sport even before you have fully-experienced it. Another body safety item is the goggles. These protect your eyes from possibly getting hit by the ball because of too slow reflexes. With these on, you needn't to worry about coming out of the court with bleeding eyes.

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Lastly, before buying any racquetball equipment, racquets, gloves, balls, clubs, supplies, and other racquetball gears, it is important to do simple tests. Check the comfort of the goggles and the gloves. Grip the racquet and give it a few swings. It's no use buying top quality equipment if you're not comfortable using them. Aside from the right gear, confidence and attitude will serve you in your game.

For more valuable information on racquetball equipment, please visit

<http://www.racquetballequipment.net>



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