

GC Practice Drill
20 Rush Shots to the Center Peg
Submitted by Cheryl Bromley

The object of this drill is to hit exactly 20 rush shots (no more, no less) from the corner of the court to the center peg.

As you will see from the diagrams below, the ideal path for both balls to travel is a straight line from the corner to the peg (lower left). However, the reality of this drill as you will discover, is that your balls may take a different path to the peg (lower right). When this happens, it is a great opportunity to work on a “cut rush” having your ball contact the target ball on a specific point to make the ball go in the direction you want it to.

Step 1: Select two balls and designate one as your striker ball and the other as your target ball.

Step 2: Start from any corner on the court and place your target ball approximately 2 feet from the striker ball.

Step 3: Your objective to control the rush shot with a relaxed gentle swing to keep both the striker ball and target ball within a comfortable proximity of one another hitting a total of 20 rush shots to the peg.

Thank you to Karen and Michael Albert of Useppa Island, FL and Cedar Creek Racquet Club, NC for this fun and challenging drill!

