

IMPORTANT - YELLOWBALL DRILL INFORMATION for STUDENTS

YES, it looks really easy to do ... and, THAT is extremely far from the truth!

If any of the listed conditions below, or that which is described below happens or doesn't happen - In order to prepare to be really ready for Yellow Ball you have to be an A to Open Level State Competitor AND need to be seen by, trained by or rated by a personal trainer for your strength, balance and cardiovascular conditioning. AND, you really should learn my Foundation Drill, especially the last of it's seven components, The Impossible Drill. This drill and others are on my Multimedia CD. Get one at www.racquetballcd.com, or ask your instructor to get a copy for you!

OK, so here are the things that would tell you that you shouldn't be trying this drill OR things that can tell you that your instructor needs certification and training related to this drill so its done correctly

- 1) IF your instructor is NOT IPro/AmPro Certified. **DON'T DO IT!**
- 2) IF your instructor hasn't shown you his or her copy of my detailed instructor guide. **DON'T DO IT!**
- 3) IF you aren't really an A to Open State Competition player. **DON'T DO IT!**
- 4) IF you are not in peak physical shape both in strength and cardiovascular conditioning. **DON'T DO IT!**
- 5) IF your first introduction is more than five minutes long. **STOP!**
- 6) IF in your first session your instructor has you play the ball racquet to racquet on the fly (no bounce). **STOP!**
- 7) IF in your first session you lose your balance or your foot slips ONCE - AND the drill continues. **STOP!**
- 8) IF you can't return just about every single shot your instructor hits at you. **STOP!**
- 9) IF you aren't willing to stop the drill yourself when YOU know you're fatiguing, aching, hurting, or are afraid you are going to run into something like the walls. THEN **STOP AND DON'T DO IT!**

WHY all the warnings you ask? Because this drill is SO challenging and demanding that even in the hands of a certified instructor, you could be in **GREAT DANGER!** I'll repeat that in case it didn't sink in ... Even if your instructor has the manual but hasn't read it and understands it, **YOU could be in GREAT DANGER** (and I'll add) **OF A MAJOR INJURY!** ...

OK, so that's the down side ... Of course, there is a HUGE upside!

If this drill is executed accurately by your instructor AND performed correctly by you, it will make you STRONGER, FASTER AND QUICKER! Not to mention improving you as a RACQUETBALL TOTAL FITNESS PACKAGE! Plus, not only will it make you more aware of what your body is doing when you play, but also become better at doing things right when you play!

All I ask of you is to follow the warnings, and get ready to DO IT RIGHT! Then please after you've experienced Yellow Ball blast the word of what it does for your game EVERYWHERE in the digital and real world ...

A really good post might read ..." Where was the world without Yellow Ball?!"