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# [Gearing Up For Racquetball](#)

So what is Racquetball really all about? The following report includes some fascinating information about Racquetball--info you can use, not just the old stuff they used to tell you.

Racquetball is one indoor ballgame that any able-bodied person can play. The rules are simple, the gears are lightweight, and the playing field is small enough to control. The best part is the fun playing the game.

Just like any other sports, you need to have some gears and equipments to fully enjoy the game. Some are essentials and some are basically for protection against untoward incidents.

### Racquets

The game is basically hitting a rubber ball with a racquet. Get a racquet that fits you ? one that feels right. Light rackets give more control while a heavier one increases your striking power.

Get one that has a small grip that allows more flexibility for your wrist. The handle should make your middle and ring fingers almost touch the base of your thumb.

Rectangular racquets make it easy to hit balls moving along the walls. A tear-shaped racquet has a larger striking area to catch and hit the ball.

### Shoes

Racquetball is a grueling stop-and-run game so you simply need the best pair of shoes suited for the sport. The wrong shoes (and socks) can cause severe and painful blisters on your feet.

Go for shoes that grip the floor securely. Thick padding near the top prevents the foot and ankle from slipping. (Racquetball clubs and gyms require lighter-colored soles so they will not leave marks on the court floors.)

These shoes come in high-top, mid-cut and low cut. High top pairs protect weak ankles. The mid-cut shoes are for extra support, while the low cut versions are the lightest.

Racquetball shoes take the most beating compared to those in other sports, what with all the constant friction in the stop-and-run movements. This means your pair can last to about 3 to 6 months, depending on the frequency of your play.

You may not consider everything you just read to be crucial information about Racquetball. But don't be surprised if you find yourself recalling and using this very information in the next few days.

One word of caution: Do not try to repair the damage on your shoes with tapes or anything. It can lead to unexpected injuries.

Spend some money. After all, racquetball shoes are not that expensive. Understand that this is one game where you need to get a new pair of footwear regularly.

However, do not throw your old pair away until after your new pair had been broken in. Use them in your ?heavy? games. Use the new pair in your ?lighter? games, until they feel comfortable.

This way you can avoid getting blisters and calluses using the new pair of shoes that is still factory-hard and not that flexible yet.

### Eye protection

For a game that has a flying ball moving incredibly fast, your eyes (your most vulnerable body part) become dangerous random targets. Racquetball games require goggles to protect your eyes, no ifs and buts about it.

They should be made of unbreakable plastic and need to be adjustable. (After a time, perspiration lubricates them and needs to be set securely again and again during the game proper.)

## Gloves

Gloves make your grip on your racquet more secure. They should also be flexible. They help keep your hold on your racquet for those hard ball impacts.

They also help do away with blisters and calluses on your hands. (Tip: the more expensive ones are better against sweat and slippage.)

These are the gears you need to play racquetball. All you need now is to go out and play.

So now you know a little bit about Racquetball. Even if you don't know everything, you've done something worthwhile: you've expanded your knowledge.

## About the Author

By Anders Eriksson, feel free to visit his new GVO affiliate site: [GVO](#)

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