

# Select your best shot to get out of a 'pinch'

Every player who picks up a racquetball racket has a favorite shot. For some it's the simple forehand or backhand stroke; for others, a drive or Zserve.

Those who know me, or have seen me play, would probably wait at least two seconds before saying my favorite head-and-butler shot is the left-side wall, front-wall pinch volley.

For me, the reasons relate, in part, to the overall idea behind the volley. The purpose is to change the tempo of the game, to keep your opponent sagging to the back of the court, and retain center-court position.

But after long hours of practice, I feel I've perfected the shot enough, not only to spice up rallies, but end them as well.

The main adjustment to hitting the pinch volley is time — you don't have much. If you're in the front court and a ball is whizzing by, knee to chest high at 100 miles per hour, your first inclination is to let it hit the back wall and play the plum.

Consider my first inclination — the pinch volley. You gain the element of surprise and you capitalize on your opponent's position behind you or in deep court.

BUT YOU have to be quick and precise with the pinch volley. Taking the ball out of the air near the front court and around the service area is tough. You have to have a feel for what you want to do and know where the ball is supposed to go.



**Mike Yellen**

First, let's start with how to hit a pinch volley.

Your swing should be compact. Volleys require a punch stroke, not a full swing. You don't have time for a full backswing and a complete hip-and-shoulder rotation.

Use an open stance and punch at the ball instead of taking a big stroke. Staying solid is the important factor

for control. Keep those eyes glued to the point of impact.

Your grip should be firm. Remember, the speed and spin of the ball will be extreme. If you're not ready, your racket could twist in your hand.

The next step is where to hit the shot. Dave Peck, my Ektelon teammate, often gets riled because I've perfected the pinch volley enough to angle shots

from just about anywhere along the service line.

How low you hit the ball isn't important. The key is spotting the shot. Hit the left-side wall within a foot of the front wall. Then you've got yourself a winner.

AS I MENTIONED, a good time for this shot is when your opponent is hugging the back wall, or you've just hit a good passing shot. All your opponent can do is flick it back off the back wall.

Volleys with the 'pinch' cuts down on your opponent's recovery time. He's out of position to start with and with the pinch, you make him quickly pay for it.

Also, pinch-volley when you and your opponent are side by side. Volleys

into the other side of the court (his side-wall to front-wall) capitalizes on your body position.

Hitting this shot is not easy. If it was, more pro players would be using it. The shot requires some foresight and a deft touch.

There's really no secrets. It just takes hours of practice.

A favorite shot only becomes a favorite when you can perform it skillfully and with confidence. The pinch-volley will work for you. All you have to do is work with it.

Mike Yellen, a Southfield resident, is a member of the Ektelon Advisory Staff and is the world's second-ranked men's professional racquetball player.

## Court House hosts net tourney

## Vintage cars highlight Waterford Hills race card

Waterford Hills hosts two special vintage car races this weekend.

The vintage race is for cars which are all at least 20 years old, and will be part of the regular race schedule at the 1/4-mile Waterford course.

Dave Elcomb of Kingsville, Ont., who owns a three-wheel 1932 Morgan Super Sport, highlights the vintage cars. Elcomb is a member of the Vintage Automobile Racing Association of Canada, whose members will join the Vintage Sports Car Club of America this weekend.

The regular schedule includes races in open-wheel formula cars, production sports cars and sedans.

Racing begins 10 a.m. Saturday, when the track opens for practice and qualifying sessions. Saturday's six-race state starts 1:30 p.m., and Sunday's action begins at noon.

Admission is \$3 Saturday, \$5 Sunday or \$6 both days. Children under 12 are admitted free.

Waterford Hills, which includes 13 right and left turns, is located one-quarter mile east of Dixie Highway on Waterford Road. The track is located on the grounds of the Oakland County Sportsman's Club.

### ● TENNIS TOURNAY

The first annual Memorial Day weekend \$1,200 winner-take-all men's singles tournament will be held at the Court House Racquet Club starting tomorrow.

The tournament is limited to 32 players who were selected by the tournament committee based on past records. One of the top seeds is Ed Nagel, a junior at West Bloomfield High School. Nagel won the recent \$1,000-take-all

## sport shorts

tourney at Royal Oak Racquet Club, but forfeited the cash prize to retain his amateur status.

The tourney directors are Jeff Knudson and Kelly Stevenson. This tournament is not sanctioned by the United States Tennis Association.

For further information, call 628-2500.

### ● JOG FOR ADVENTURE

The Adventure Foundation for Children with Learning Disabilities will conduct a "Jog for Adventure" run on June 6.

The run will be from noon to 4 p.m.

at the West Bloomfield High School track, 4925 Orchard Lake Road. It is open to joggers of all ages.

Participants are asked to find pledges.

Information on registration will be sent on request. For further information, call 642-1150.

### ● BOWLING TOURNAY

The 79th annual men's state bowling tournament was recently held at Ken Noth's Bowl in Battle Creek.

All time records were recorded in three events by the more than 15,000 bowlers who competed for the \$280,000 in prize money.

Robert Smith of Farmington Hills set a record in actual singles when he fired a winning 787 series. The Bonanza Enterprises Team of Detroit — Ken Hochstein, Lee Snow, Mike Lee, Harold Sullins and Ken Kossic — also broke a record when they rolled a 5,317 actual series.

In doubles, Gordy Cantwell and Billy Mull of Farmington finished sixth in the actual doubles event with a total of 1,305. Mull led the way with a 747 series.

James Cesarz of Farmington Hills was fourth in handicap singles (785) and fifth in actual singles (707).

The Great Oaks Country Club of Rochester will conduct a Child Research Open Golf Tournament for women on June 14.

The 8:30 a.m. shotgun start includes women from both private and public courses, with the only requirement being a United States Golf Association (USGA) handicap. There are four women per team.

Entry fee is \$85.

For further information, contact event chairman Marianne Walsh at 626-9610.

### ● DCD SPORTS CAMPS

Detroit Country Day will host a series of sports camps beginning June 21.

The camps include soccer, cheerleading, swimming, girls' basketball and tennis. The tennis camps are for persons age 7-10 and 11-15.

The basketball camps will be headed by Detroit Pistons forward Terry Tyler and Country Day basketball coach Kurt Keener, a former college All-American. Paul Bartoshek, who led Country Day to the state Class C title this year, will conduct the soccer clinic.

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