QuickStart Racquets

The QuickStart program uses combinations of slower balls, smaller racquets, lower nets, and smaller playing areas to engage players of all ages, sizes, and abilities. **Modifying the scale of the game** is a key tool in the Adaptive Toolkit and the toolkit for coaching players of all abilities, since it provides infinite game variations, progressions, and opportunities to learn. See our "Quickstart Balls" worksheet for more information.

In combination with QuickStart balls, smaller racquets have opened up the game to a wide range of age groups and abilities.

QuickStart racquets, also referred to as simply “youth racquets”, were originally designed with length, weight, and grip sizes of children in mind, more or less, as follows:

Racquet Length	Typical Grip Size	Age Range Guideline
<21”	Varies	<5
21”	<4”	5-6
23”	<4”	7-8
25”	<4”	9-10
26”	4”	10+
27” Adult (up to 29” is legal)	4 1/8” – 4 5/8”	Teenager - Adult

However, **as with the guidelines for low-compression QuickStart balls, for adaptive tennis, you can totally ignore these guidelines, and use whatever length of racquet is most productive in the hands of your athletes!**

In fact, for a wide range of training purposes, small racquets can be instructive. *And* for having instant fun with athletes of all sizes and ages, small racquets are a blast — especially when they’re used with red _QuickStart balls!

If your adaptive program involves only children, clearly you will want to have plenty of appropriately sized rackets on hand. But regardless of age and athlete size, you may find that many of your athletes will have more success with shorter racquet lengths simply because the distance between their hand and the racquet face is less and because the smaller sizes are lighter and easier to control. But keep in mind this rule of thumb: your athletes should be playing with the largest racquet they are comfortable with and successful with. As swing technique develops, larger racquets have more power and more reach.