

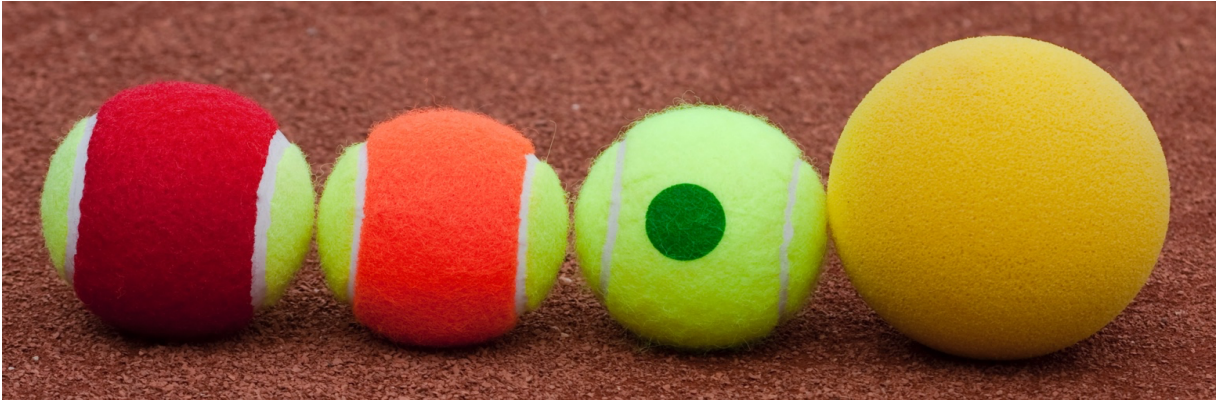
| QuickStart Balls | | | | | | |
|------------------|--------------------|----------|--------------|------------------------------|--------------|------------------------------|
| | ITF Specifications | | | Special Olympics Competition | | |
| | % Larger | % Slower | Court Length | Level | Court Length | Comments |
| Red (Foam) | 15 | >75 | 36' | | | |
| Red (Felt) | 15 | 75 | 36' | Level 1 -- Skills | 42' | Service line to service line |
| Red (Felt) | 15 | 75 | | Level 2 -- Matchplay | 42' | Service line to service line |
| Orange | 0 | 50 | 60' | Level 3 -- Matchplay | 60' | Temporary baselines |
| Green Dot | 0 | 25 | 78' | Level 4 -- Matchplay | 78' | Regulation court |
| Yellow | -- | -- | 78' | Level 5&6 -- Matchplay | 78' | Regulation court |

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 Racquets" worksheet for more information.

Quickstart balls are slower and/or larger than regulation balls according to ITF specifications. Red, orange, and green dot balls, are designed for informal competitive play on 36 foot, 60 foot, and regulation 78 foot courts, respectively. *This is purely a guideline -- balls and playing areas should be chosen creatively to challenge your athletes optimally!*

In Special Olympics competition, red balls are used in level 1 skills and level 2 matchplay on 42 foot courts. Level 3 matchplay uses orange balls on 60 foot courts, level 4 matchplay uses green dot balls on 78 foot (regulation) courts, and levels 5 and 6 use regulation yellow balls on 78 foot (regulation) courts.

In general, adaptive tennis startup programs can focus on red (felt) and/or a combination of red and orange balls to keep costs reasonable while learning basic skills. Moreover, if you are purchasing only one ball type for a startup, red balls are the most universally productive across a wide range of abilities.



Adaptive Toolkit

