



FERNY HILLS
tennis centre

WHY MODIFIED TENNIS?

Aviva Tennis Hot Shots is taking Australian tennis by storm through using modified equipment, which enables access for all children. The use of modified balls and courts offers a unique stepping stone into tennis allowing every player to obtain maximum enjoyment!

Following international trends, Aviva Tennis Hot Shots has adopted the three progressive stages and matches the individual skill level of each player. The three progressive stages are represented by three different colours - red, orange and green. These three colours represent a skill development pathway, which is aligned to Tennis Australia's Junior Player Development framework.

THE RED, ORANGE AND GREEN BALLS AND THEIR IMPORTANCE IN DEVELOPING HIGH LEVEL JUNIORS

Except for the exceptionally talented, it is also recommended that players aged 10 and under should not train or play competition with a normal ball but should continue to train and compete using the appropriate Red, Orange or Green ball. Using these slower balls will help the players to develop the most efficient technique and to be able to implement tactical situations in matches that in most cases could not be performed using the normal ball on a full court.

Research summary

Background:

A common recommendation within junior sports is for the equipment to be scaled (modified) to the needs of children. The reasons for modification are usually twofold: first to enhance the acquisition of skills; and second to increase fun/motivation, in turn maximising the prospects of continued participation in the sport. Tennis Australia launched the Hot Shots tennis program with a view to achieving those objectives, and recently commissioned research to evaluate the efficacy of scaled equipment among children new to the sport.

Aim:

To examine the effectiveness of equipment scaling (tennis ball compression and court size), as used in the Hot Shots tennis program, on the learning and enjoyment of young beginner tennis players.

Participants:

Primary school-aged boys and girls from Our Lady of Lourdes Primary School with limited to no previous tennis playing experience participated voluntarily and with parental consent. The children were involved in seven sessions that utilised Hot Shots equipment/activities and that were organised by Tennis Australia qualified coaches.

Findings:

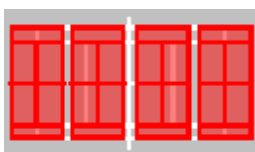
- Children who practised under scaled or modified conditions – as in Hot Shots – were provided with more opportunities to play (i.e. hit more balls) than those children who participated under adult conditions. With more opportunities to play, these children experienced more success (i.e. hit more balls in) and also rated their tennis experience as more enjoyable.

In other words, the research illustrated that MODIFIED COURTS / BALLS (as in Hot Shots) = MORE OPPORTUNITIES + MORE SUCCESS + MORE FUN.

Stage 3 - Red Ball & Red Court



Red Balls are either sponge or felt. They are larger and slower than a normal ball.



Red courts are 11m (36ft) long and 5-6m (16-19ft) wide. Net height should be approx 80cm (31.5 inches). Portable nets or tape can be used. [Setting up a Red size Court.](#)



Recommended for children **aged** 4-8 years and starter adults.



Racket sizes range from 41-58cm (16-23in) depending on size and strength of the player.



Stage 2 - Orange Ball & Orange Court



Orange balls are low compression balls, around **50%** slower than a normal ball



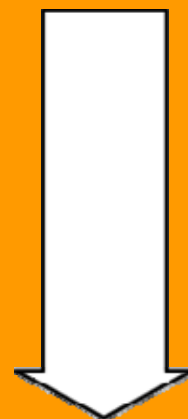
Orange courts are 18m long and between 6.5m-8.23m (21-27ft) wide
Net height: 80-91cm (31.5-36in) [Setting up Orange size court.](#)



Recommended for children **aged** 7 years and above and starter adults



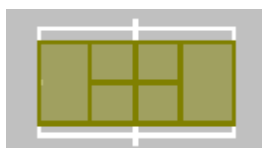
Racket sizes range from 58-63cm (23-25in) depending on size and strength of the player



Stage 1 - Green Ball & Green Court



Green balls are low compression balls, around **25%** slower than a normal ball



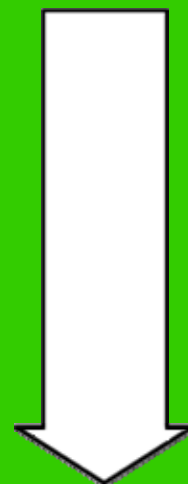
Green courts are the same size as a full court



Recommended for children **aged** 9 years and above and starter adults



Racket sizes range from 63-68cm (25-27in) depending on size and strength of the player



After players progress through these stages they are ready to play with a normal ITF approved tennis ball on a full size tennis court.