

RACKETLON



Getting kids and juniors in the game!

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Starting Point


- **Racketlon** unites 4 of the most popular racket sports - **tennis, badminton, squash** and **table tennis** - in one competition.
- More or less all national federations of these sports are constantly working on developing concepts to attract (more) children and juniors for their sport.

... and so was tennis!

- Big change came into tennis with the ITF 10-and-under-competition-rule-change!

Since 1.1.2012

Color code: **Red** - **Orange** - **Green**




Official programme of:
The International Tennis Federation

tennis
10s

**10 & UNDER
TENNIS:**
**SLOWER BALLS,
SMALLER COURTS,
EASY GAME.**

For more information, go to:
tennis10s.com



PLAY+STAY

The graphic features a large black speech bubble containing the text '10 & UNDER TENNIS: SLOWER BALLS, SMALLER COURTS, EASY GAME.' Below the bubble are three diagonal stripes in red, orange, and green. At the bottom right is the 'PLAY+STAY' logo, which consists of a green tennis ball with a black circular arrow around it.

... as a result of this you can see:

- Children are playing on smaller courts, using slower balls and shorter rackets.**
- Children can now play the game with each other from the very beginning.**
- Children can compete earlier facing adapted playing conditions and using more attractive scoring formats.**

Can we use this for racketlon?

1. Who is playing racketlon?

2. At what age are they starting to compete?

2 Main Objectives

- Developing a competition concept allowing children to participate earlier, providing a smooth approach to junior racketlon (focus on adapting the playing conditions to the children's needs).
- Developing an educational concept, providing a versatile approach to racket sports.

RACKETLON SCHOOL

**... an easy way to enter the world of
kids racketlon competitions!**

RACKETLON SCHOOL

Level 3
11-14 yrs.

5th to 8th
grade



Racketlon SCHOOL

Tischtennis + Badminton + Tennis

Level 2
9/10 yrs.

3rd + 4th
grade



Racketlon SCHOOL

Tischtennis + Badminton + Tennis

Level 1
7/8 yrs.

1st + 2nd
grade

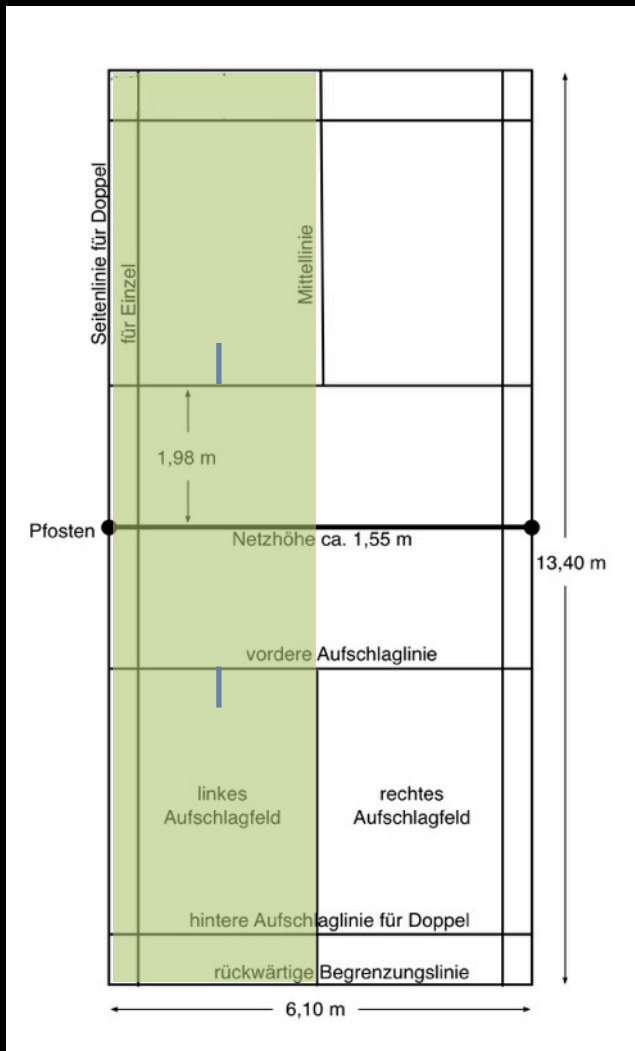


Racketlon SCHOOL

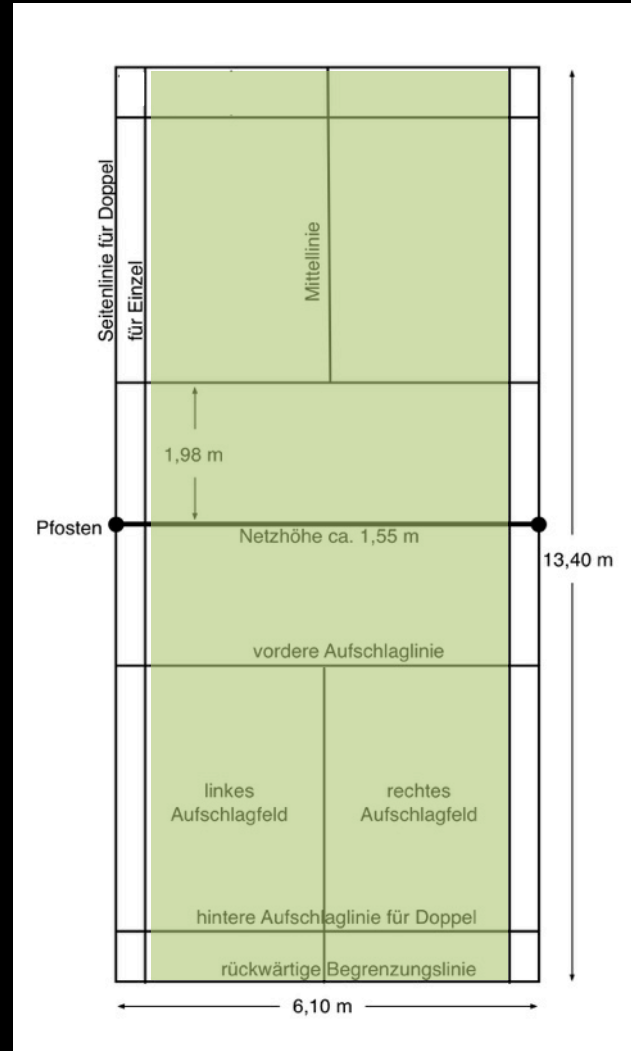
Badminton + Tennis

Badminton

Level 1 + 2

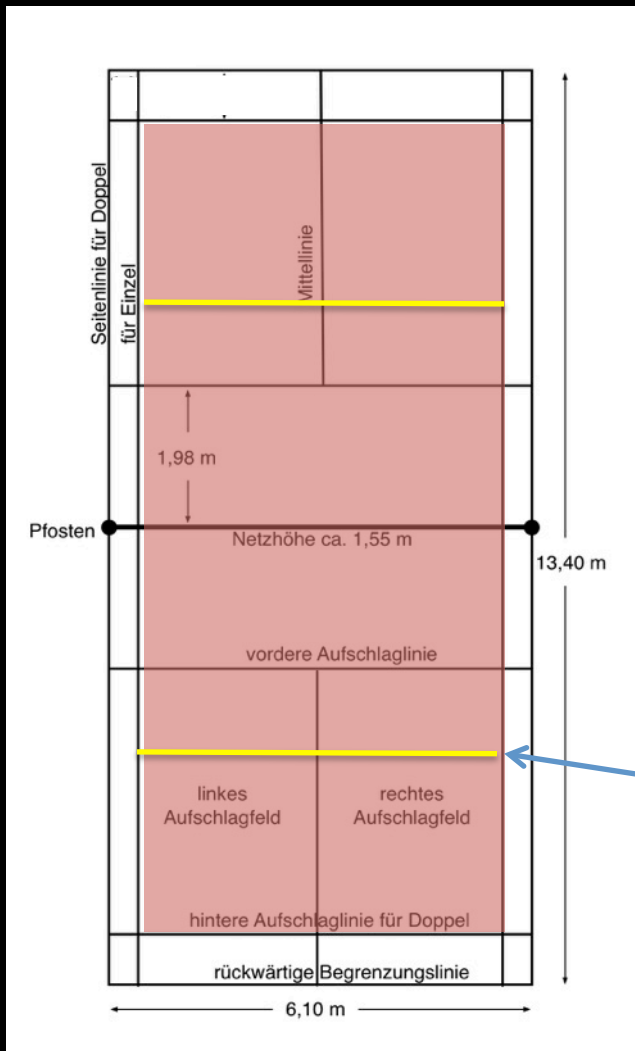


Level 3



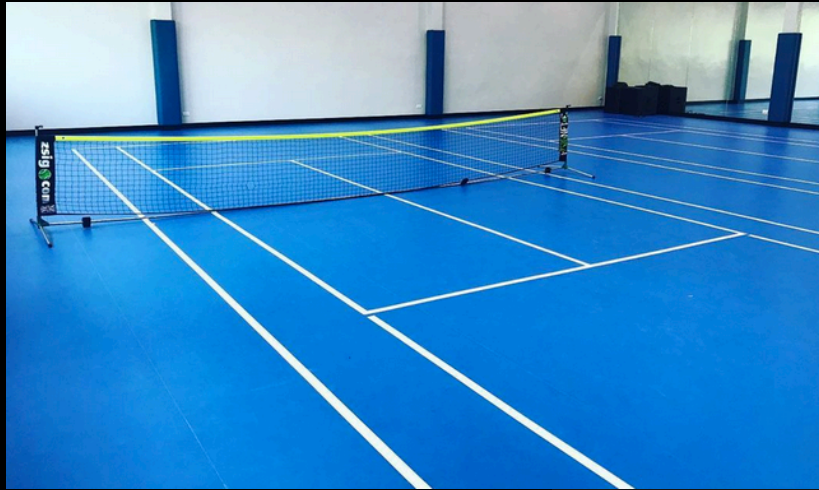
Tennis

Level 1 to 3



service line (3,0 m to net)

Digression: Touchtennis

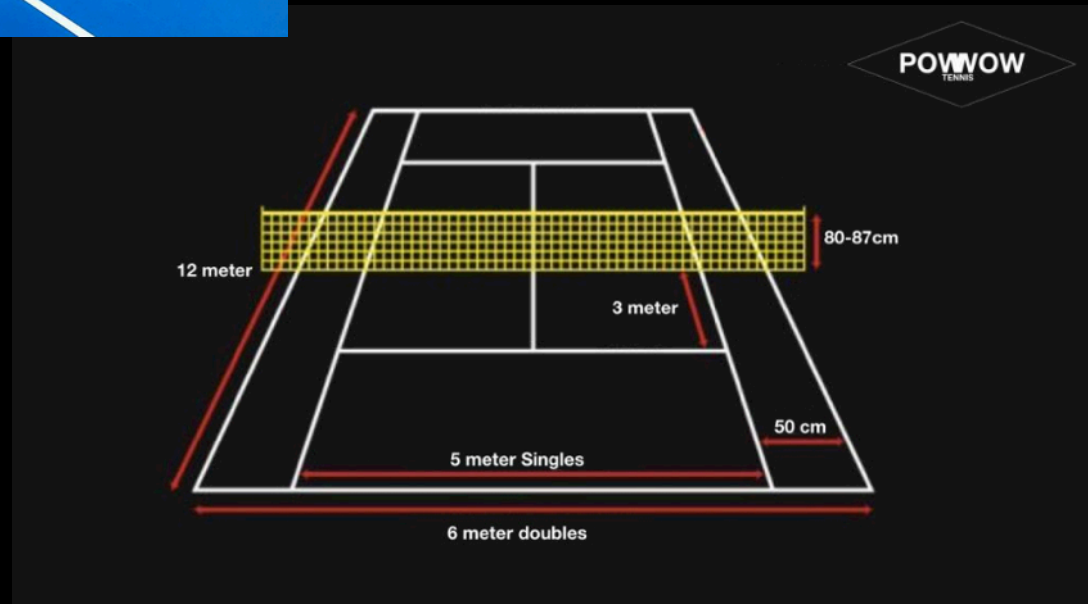


Tennis Court (on Badminton Court)

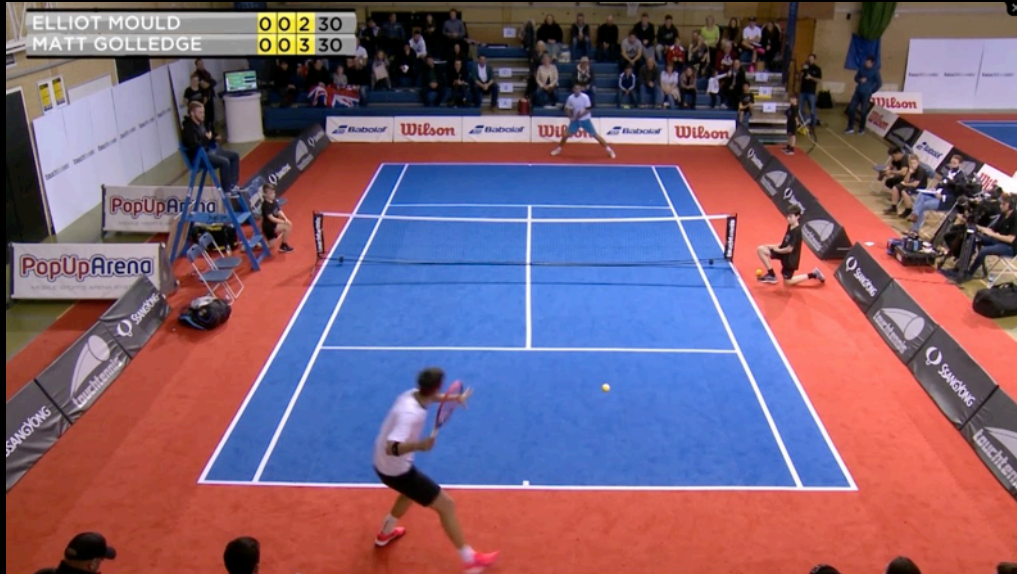
11,88 m x 5,18 m (Singles)

Touchtennis Court

12.00 m x 5.00 m (Singles)



Digression: Touchtennis



SINGLES

DOUBLES



Objectives

- Participation is on a low-threshold.
- Simplifying and adapting playing conditions to the children's needs.
- Starting with two disciplines.
- You can run the entire competition in a school-gym, if it does provided a reasonable number of badminton courts.
- Competition classes are based on school grades and not necessarily on age categories.

Important

- Running score 1 set to 15.
- For development reasons every set is played to 15 – players do not abort playing when the decision has already been made!
- Competitions should be run in the same order as used in Racketlon.
 - Level 1+2: badminton → tennis
 - Level 3: table tennis → badminton → tennis
- Competition formats should be time limited.
- They should allow every player the same number of matches.

RACKETLON KIDS

**... a smooth two step approach to
junior racketlon competitions!**

Objectives

- Allowing early participation for children.
- Simplifying and adapting playing conditions to the children's needs (especially in tennis regarding to the ITF tennis 10s rules).
- Smooth approach to 13u junior racketlon.

COMPETITION PATHWAY RACKETLON – KIDS / JUNIORS

Age
13u



Racketlon Junior

Table tennis + Badminton +
Squash + Tennis

Singles & Doubles
(Running score 1 set to 21)

Level
Green

Age
11u/12u



Racketlon Kids Green

Table tennis + Badminton +
Squash + Tennis

Singles & Doubles
(Running score 1 set to 15)

Level
Orange

Age
9u/10u



Racketlon Kids Orange

Table tennis + Badminton + Tennis

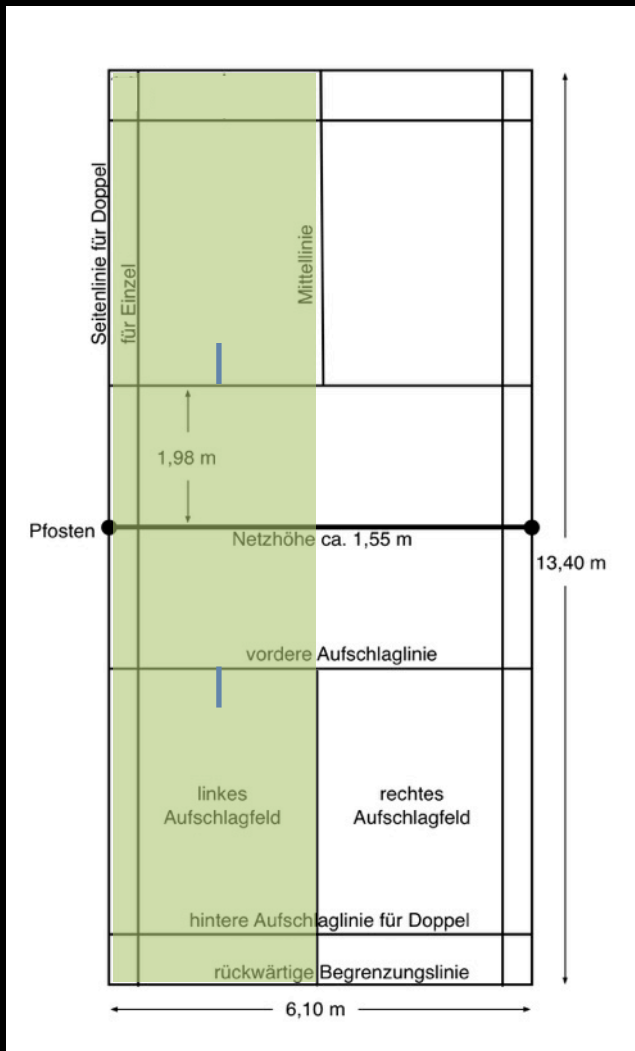
Singles competitions only!
(Running score 1 set to 15)

RACKETLON

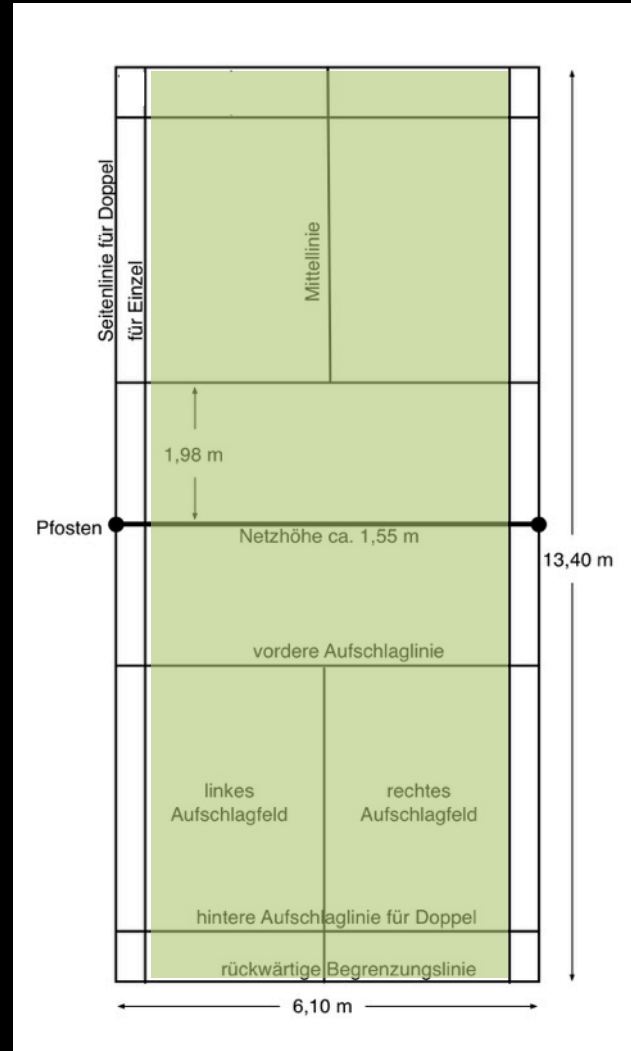
SCHOOL

Badminton

Level Orange (9/10)

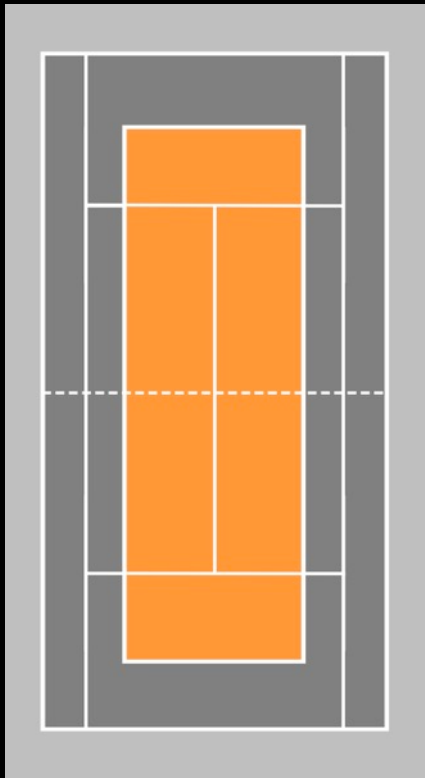


Level Green (11/12)



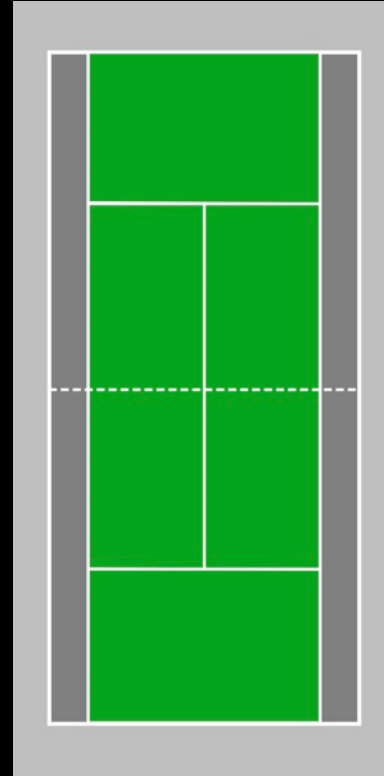
Tennis

Level Orange (9/10)



Orange Court

Level Green (11/12)



Green Court (Full Court)

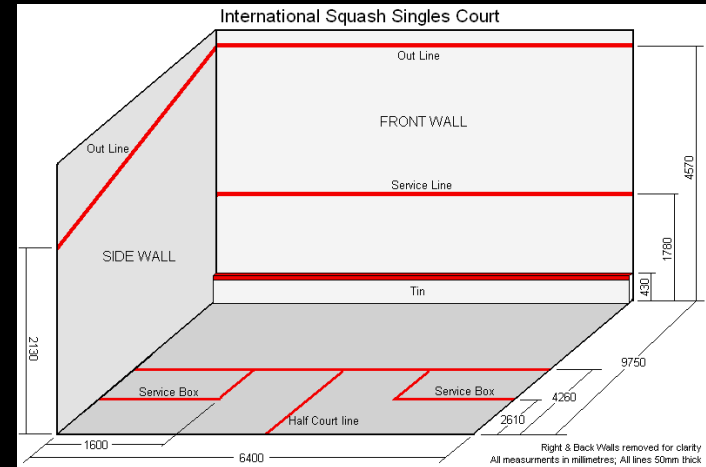
Table tennis

Level Orange + Green



Squash

Level Green



To remember:

- Developing an educational concept, providing a versatile approach to racket sports.

Coaching Assistant – Racketlon (new in 2020!)

Basic module

+

Specific module

- organized and run by the 3 national organizations for sports in Austria
- covering various topics that are relevant for all sports (e.g. training theory, sports biology, legal fundamentals..)

- organized and run by the national racketlon federation
- covering various topics that are relevant for teaching racketlon to kids & Juniors

57 hours

Coaching Assistant – Specific Module

Total (25 hours)

- Hour board:
 - Racketlon - introduction (1)
 - Receiving games – introduction (2)
 - Receiving games – games & exercises (2)
 - Table tennis – teaching fundamentals (4)
 - Badminton – teaching fundamentals (4)
 - Squash – teaching fundamentals (4)
 - Tennis – teaching fundamentals (4)
 - Kids/Junior competitions – introduction (2)
 - Exam preparation (2)

Additional (7 hours)

- Lesson plans, observing lessons, practical test

RACKETLON



THANK YOU!