



ADA SPORTS, BADMINTON & TENNIS  
2925 CHRYSLER ROAD  
KANSAS CITY, KS. 66115  
800-234-0460  
FAX: 913-371-2663

### **ADA STARBALL TENNIS PRESENTATION**

#### **TEACHING RACKET & PADDLE SPORTS IN LIMITED AMOUNTS OF SPACE**

ADA Starball Tennis can be played indoor or outdoor. It can be played on a badminton, pickleball or tennis court. The ADA Starball tennis ball is a fluff sponge ball that bounces like a tennis ball and comes off the racquet like a tennis ball but only half the distance.

Objective: To develop racquet skill and hand /eye coordination. This game is a lead up to tennis. Skills should be learned to participate and pursue tennis as a lifelong sport.

-Students should be able apply knowledge to participate in a safe manner.

-Students should be able to explain guidelines and skills necessary for enjoyable participation.

-Students should be able to demonstrate skills at a beginning level.

-Students should be able to explain body mechanics in relation to tennis.

-Students should be able to demonstrate sportsmanship and proper etiquette in tennis.

Assessment: Assessment should be used to enhance student learning. As a teacher the role should be to modify the task to enable the student to have more success and achieve their goals. As a teacher we should make learning fun as well so the students are more eager and willing to learn.

To get started you will need the following equipment: Racquet and a Starball.

ADA Starball can be played indoor or outdoor. It is similar to the "Soft Tennis" game played in Japan (because of limited amounts of space). It can be played on a badminton, pickleball or tennis court. ADA Starball is very adaptable and can be used for any age group.

The match is started by the serving team (recommended only one chance on serve). The serve may be overhand or underhand and implemented by both feet behind the baseline. The return team must let the ball bounce before striking the ball. After the serve has been returned the ball may be played a volley (ball struck in air without bouncing) or after one bounce. Point is over when one team hits the ball out of bounds, does not get in play over the net, or if the ball bounces twice before striking it on your side of the net. Each game consists of first one to 4 points. Match is won by the first one to win five games.



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The ADA Starball game is fun and exciting to play. The designed ADA Starball fluff ball is made of a sponge material so it is soft and will not harm anyone getting hit by the ball. The ADA Starball bounces and comes off the racquet like a tennis ball and loses velocity on its path over the net allowing players to sustain long rallies and improve their fundamentals.

ADA Starball can be used in many different ways. We have found it to be very successful as a lead up activity for tennis. The students can learn all the strokes used in tennis (forehand, backhand groundstrokes, serves, volleys, lobs, and overheads) before they ever step out on a tennis court. The “soft fluff ball” also gives you the security of using a ball that will not harm the students and gives the students a sense of confidence as well which will enhance their learning.

## **DRILLS AND GAMES:**

### **BALL CONTROL DRILLS:**

1. Hold racquet in hand, palm facing down, hit the ball down on floor a minimum of 20 times.
2. Hold racquet in hand, palm facing up, hit the ball down on the floor a minimum of 20 times.
3. Hold racquet in hand, palm facing up, and hit the ball in air 20 times in a row. Do the same with palm facing down.
4. Do flip-flops, holding racquet in hand, hit the ball in air by alternating palm up and palm down.
5. By using the edge of the racquet, try hitting the ball 10 times consecutively without the ball touching the ground.
6. Make lines, with everyone standing next to each other, pass the ball down the line, using the racquet, and then back again without the ball touching the ground.
7. Do a difficult ball trick, try balancing ball on face of racquet and then turn racquet completely over the ball without the ball losing contact. This feat is very seldom accomplished on the first try.

### **PARTNER DRILLS:**

1. Everyone team up with a partner & “SPREAD OUT”!! One person in each pair becomes the tosser and the other the hitter. Toss the ball underhand in a controlled manner to the forehand side of the hitter. The hitter strokes the ball back to the tosser so they can catch it. A successful toss, stroke, and catch count as 1 point. Do this until 10 points are scored. Now switch positions so the tosser becomes hitter and vice versa.
2. Do the same only to the backhand side.
3. Stay paired up and spread out. Both players should be standing about 10’ apart. Rally hitting forehands until 10 in a row are accomplished.
4. Do the same as above only to the backhand side.
5. Now volley forehand to forehand, not letting the ball touch the ground.
6. Volley backhand to backhand, not letting the ball touch the ground.



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### **TEAM DRILLS:**

1. After setting up the net, split class into 2 teams. Have one person on one side serve and another person on other side catch the ball, then each player rotate to the end of line.
2. Do the same as above, only now have the return person return the ball with racquet in hand.
3. Now have two players on each side. Play a point like regular tennis then rotate one position.
4. We are now ready to start playing tennis

## **REMEMBER TO KEEP IT SAFE AND HAVE FUN!**

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