

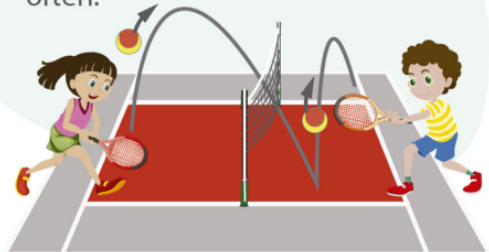
1 MORE FUN



Using modified equipment is more fun! [1, 2, 4, 9, 13, 17]

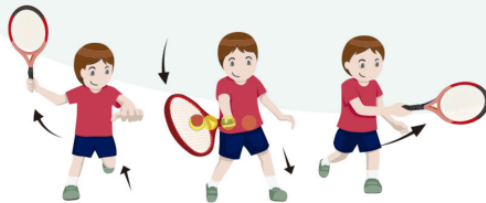
2 MORE SUCCESS

Slower balls allow beginners to hit more shots in the court, more often. [1, 3, 5, 8, 10, 18]



3 BETTER LEARNING

Players learn more and faster. [2, 5, 10, 11, 12, 18]



4 SMARTER TACTICS

It helps players to make better decisions. [5, 12, 18]



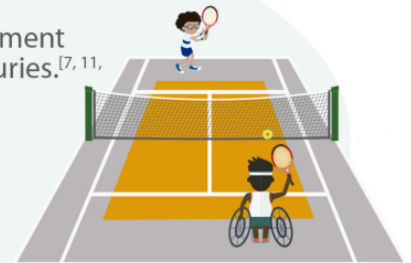
5 BETTER TECHNIQUE

Players develop better swings, contact points and make less errors. [1, 2, 5, 6, 10, 12]



6 SAFER TO PLAY

The right equipment can prevent injuries. [7, 11, 14, 15, 16, 19]



References

[1] Buszard et al (2014); [2] Buszard et al (2016); [3] Coldwells & Hare (1994); [4] Farrow & Reid (2010); [5] Fitzpatrick et al (2016); [6] Gagen et al (2005); [7] Groppe & DiNubile (2009); [8] Haake et al (2000); [9] Hamilton & McFarlane (2005); [10] Hammond & Smith (2006); [11] Ishihara et al (2017); [12] Kachel et al (2015); [13] Larson & Guggenheimer (2013); [14] Pluim et al (2007); [15] Pluim et al (2017); [16] Reid et al (2018); [17] Stanbridge (2003); [18] Timmerman et al (2015); [19] World Health Organisation (2017).