

**The
Tennis
Mate**

TENNIS GUIDANCE

2025

6 Must-Knows for Racket Selection

Even if It's your first one!

@THETENNISMATE

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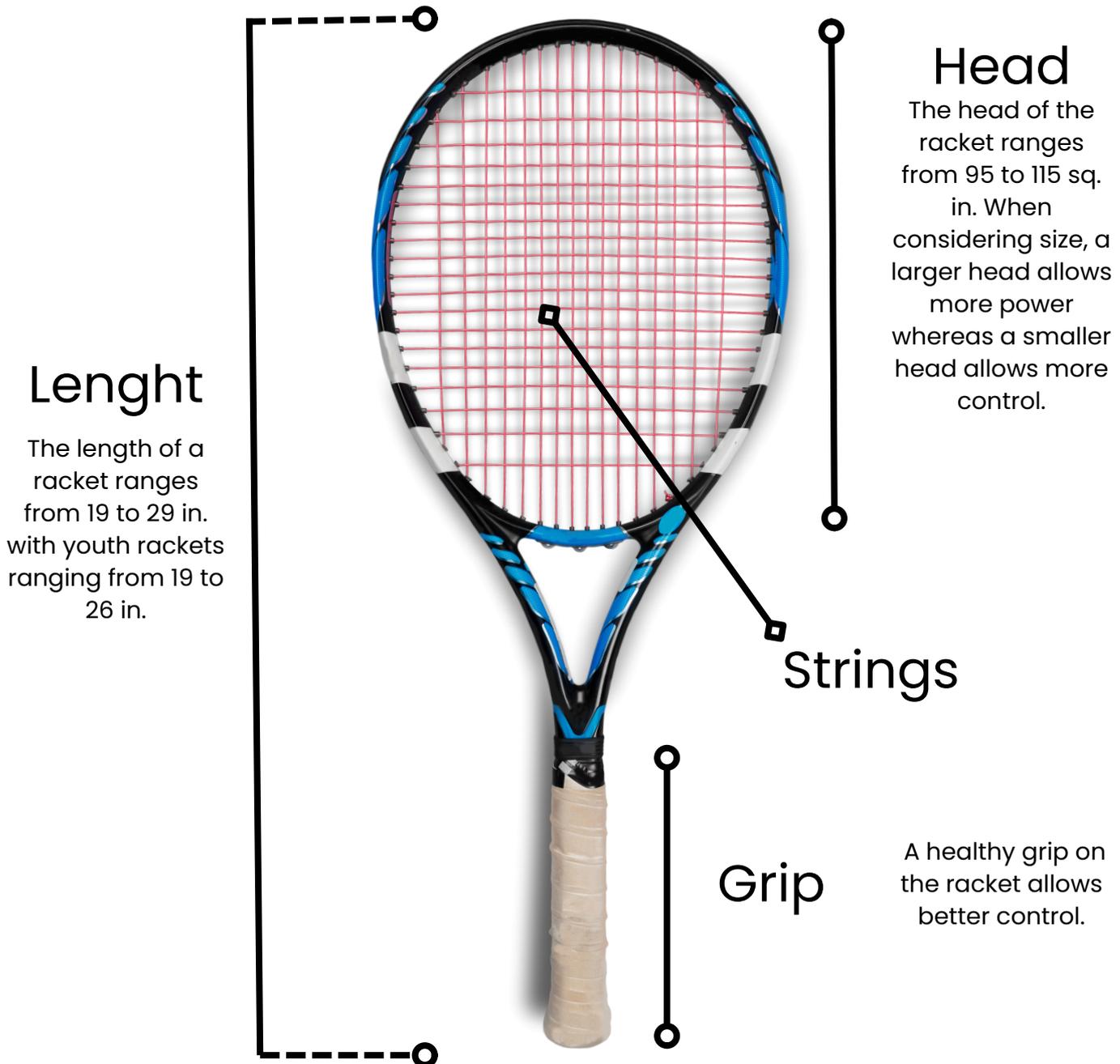
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1

Racket Anatomy



Length

The length of a racket ranges from 19 to 29 in. with youth rackets ranging from 19 to 26 in.

Head

The head of the racket ranges from 95 to 115 sq. in. When considering size, a larger head allows more power whereas a smaller head allows more control.

Strings

Grip

A healthy grip on the racket allows better control.

Weight

The weight of a racket ranges from 9 oz. to 11 oz. or more. The weight of a racket influences power and control of the hand.



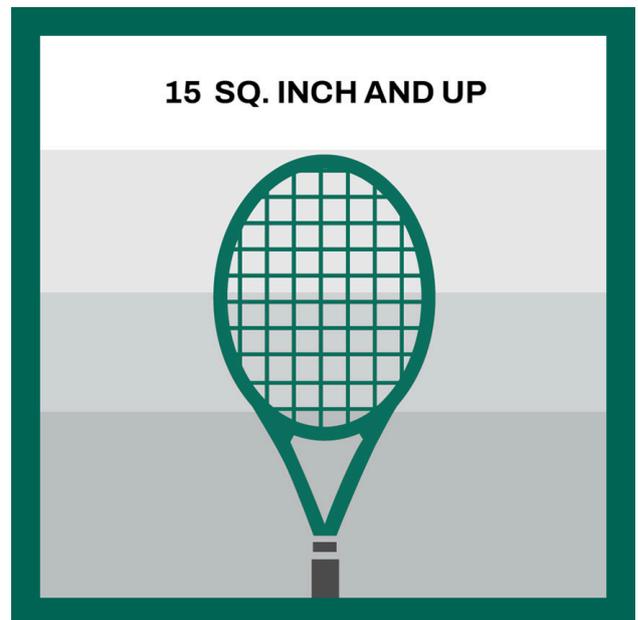
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Head Size

The head size of the racket greatly influences the player's swing on the court, and the head size is located at the strings of the racket.



Midsized



Midplus



Oversized



When it comes to head size, preference and skill level come into consideration. Consider the following:

A smaller head size on a racket provides better control for advanced players, and a larger head size provides more power for beginner and intermediate players. Head sizes range from 95 to 115 sq. in. The most common head size is considered a Midplus.

Advanced players searching for more control should purchase a smaller-sized head. Beginner players searching for more power and a larger sweet spot should consider a larger-sized head.

PLAYER TYPE	racket HEAD SIZE	SQ.IN.
Beginner	Oversized	115+
Intermediate	Midplus	105-114
Advanced	Midsized	95-104



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Length

Adult rackets average about 27 in. length, however, these rackets range from 29 in. to the maximum length allowed in tournament play.

A longer racket provides more reach on groundstrokes and additional leverage on serves. It also allows more power; however, the additional length does lead to a higher swing weight, which can offer less control. Short rackets can be easier to handle for youth players.

Consider the height of a player when choosing the length of youth players. Youth rackets are shorter than the average-sized tennis racket, and there are various sizes to choose.

YOUTH HEIGHT	RECOMMENDED LENGTH
<40"	19"
40-44"	21"
45-49"	23"
50-55"	25"
55"+	26"



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Balance

When referencing the “Balance” of a racket, it is commonly referred to where the location of the weight resides on the racket



Head Heavy: Most of the weight is in the head of the racket. Most light-weight rackets are head heavy.



Head Light: Most of the weight is in the handle. Typically, most traditional rackets are considered head light.



Even Balanced: An even balanced racket is perfectly balance and the mass is distributed evenly throughout the racket. This provides better stability and maneuverability without it being too heavy or too light.



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Grip Size

The grip is the only area you touch on the racket during a game, and grip size can influence a player's performance when it comes to improving control.

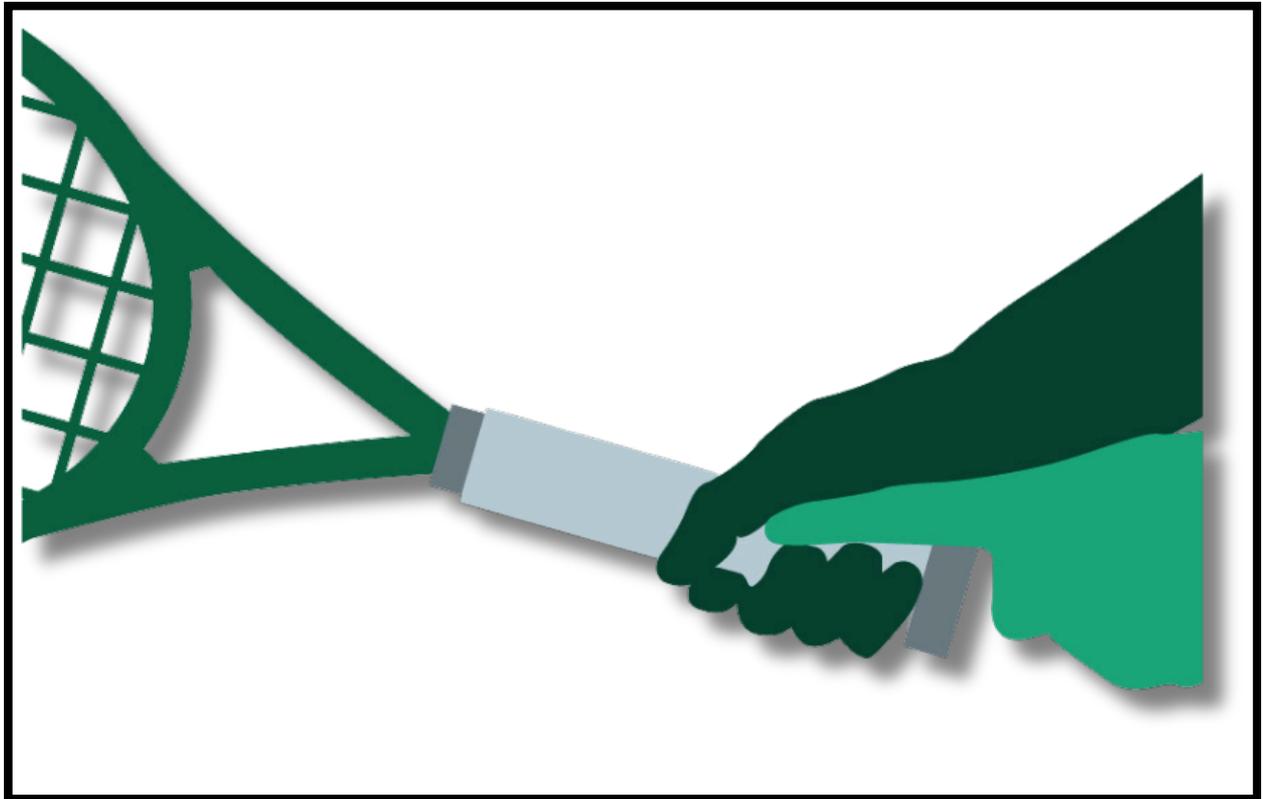


If the grip is too small, more muscle strength is required to keep the racket twisting in the player's hand.

If the grip is too large, the wrist snaps on serves, which in turn, can have a negative effect with changing grips during a game. Plus, it requires more muscle strength and can attribute to tennis elbow problems down the line.



How to measure your grip size for tennis

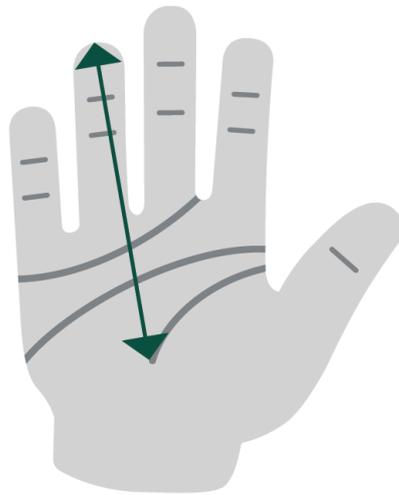


Players should be able to fit their index finger of their non-hitting hand in the space between their ring finger and palm while holding an Eastern forehand grip – the palm is placed against the same bevel as the string face. If there isn't enough room for a player's index finger, the grip is considered too small. If there is space between the finger and palm, the grip is considered too large.



Don't have a racket yet?

Try measuring the grip size using a ruler. With a player's hand open and fingers extended, close together, align the ruler with the bottom, lateral crease of the palm, and measure to the tip of your ring finger.



Racket grip sizes are typically measured on a scale between 0 through 5, or in the U.S., 4.0 to 4 5/8. A great sweet spot for women is 4 1/4, which is considered a grip size two. Men average around a grip size 3, 4 3/8.

If in between sizes, consider going with a smaller size, then add over grip to arrive at the ideal fit.

Additionally, it is a good idea to replace the grip on a regular, consistent basis. A fresh, properly wrapped grip allows improved control and increased confidence.



6

Player Type

Find the right racket based on your player type to improve your game.



Beginner

Beginners should start with a light racket with a larger head size, typically called an “oversize” racket. This allows contact with the ball more consistently while learning to rally without arm and muscle fatigue. When choosing a tennis racket for a beginner, look out for an oversized head size, lighter frame, and more power



Power Rackets

A power racket can maximize the impact generated by a player’s swing. These rackets are great for all skill levels and beginners who have a slower swing speed. A power racket possesses the following features: 1. A larger head size, which allows for a larger sweet spot. Also, this provides less room for error. 2. A lighter weight improves maneuverability, and intentional design focused on beginners with a slower wing speed. This allows the player to generate more power in their game.





Spin

Want to dominate the court like a pro? Finding a Racket designed for spin can achieve that goal. Spin Rackets are used for more aggressive and competitive players looking to perfect their shots. It enables a player to control where the ball lands in the court and the direction it bounces from, leveling a competitive advantage over the opponent. A spin Racket possesses the following features: 1. A medium head size allows better contact between the ball and a player's swing. 2. A design geared toward faster swings that increases a player's ball spin and feel.

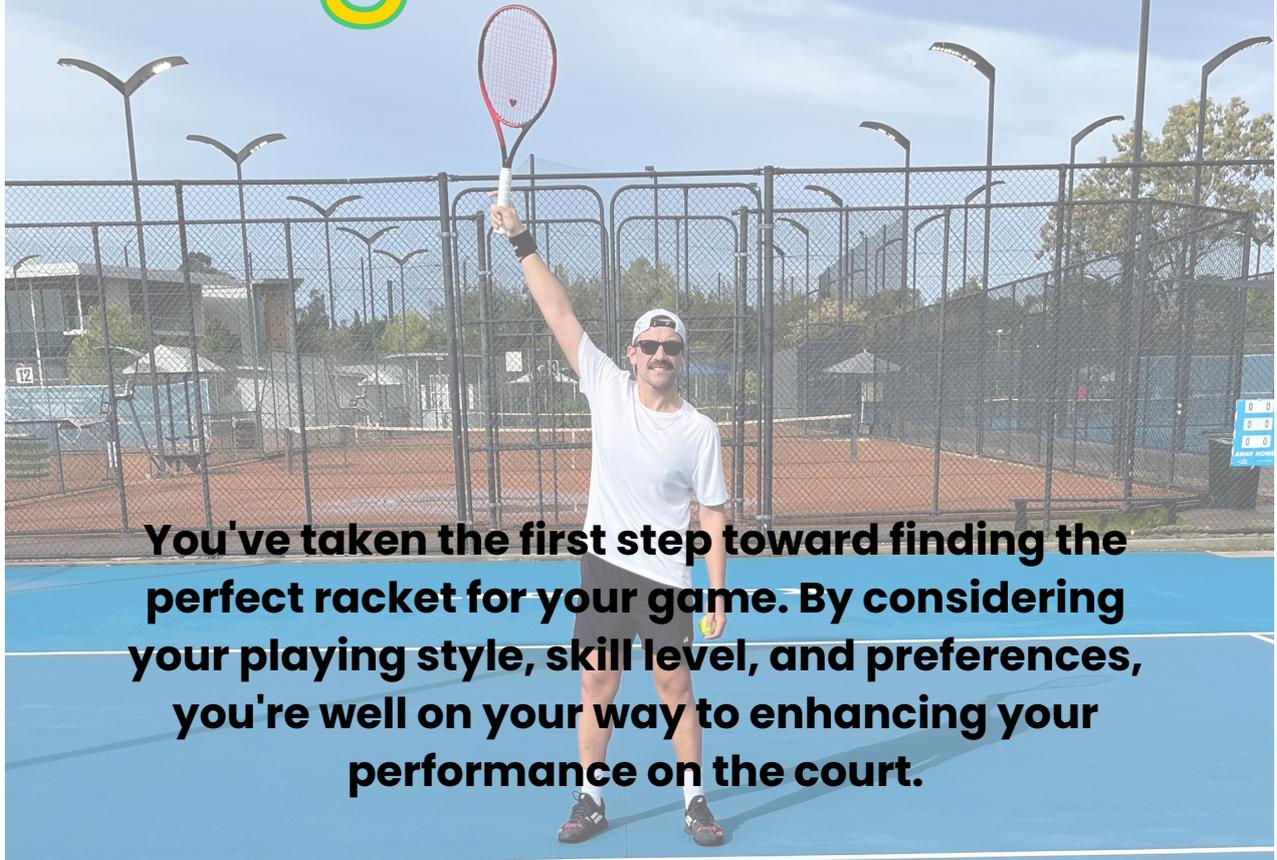


Control

If a player has a powerful swing but seeks to improve their accuracy, consider using a control Racket. Designed for intermediate and advanced players, these Rackets focus on enhancing the command of the ball for the player. A control Racket possesses the following features: 1. A smaller head size allows better control of the racket. 2. A heavier frame generates a more powerful ball speed. 3. The design of the control racket allows for improved accuracy on each swing.



Congratulations!



You've taken the first step toward finding the perfect racket for your game. By considering your playing style, skill level, and preferences, you're well on your way to enhancing your performance on the court.

Remember: The best racket is the one that feels comfortable in your hand and helps you play your best. Don't hesitate to try out different options.

Let's smash it together!



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