



EDITORIAL

Luca Santilli, Miguel Crespo & Michael Davis Higuera

Tennis Development, Integrity and Development Department, International Tennis Federation, London, UK.

Welcome to issue 76 of the ITF Coaching and Sport Science Review. This issue covers a range of aspects in the game including: technology; the inside-out forehand; the effects of mini tennis; serve and return of top players; intelligent tennis devices; the USTA's new campaign, Net Generation; motivation between boys and girls; wheelchair tennis players' movement; and variability in tennis practice. This issue also features a study on the costs of tennis in selected countries.

The 2018 series of ITF Regional Coaches Conferences by BNP Paribas came to an end on the 3rd November after almost a month of back-to-back conferences. There were just under 1200 delegates in total from all of the seven ITF Regional Coaches Conferences and Tennis Europe Coaches Conference. A series of Junior Tennis Initiative (JTI) Workshops and JTI Tutor Workshops were run after the conferences which will contribute to the continuous development of tennis in those regions. The ITF would like to thank all the delegates, guests, speakers, regional associations, national associations and other organisations involved for making this set of conferences one of the best yet. The programmes and proceedings can be downloaded from the ITF eBooks app, which is available on the Apple app store and the Google store. The programmes and proceedings are also available on the ITF website under the relevant region's page, and to be redirected please click [here](#).

The next series of Regional Coaches Conferences will be in 2020 but for now the ITF looks forward to its Worldwide Coaches Conference by BNP Paribas, which will be held in Bangkok, Thailand in 2019 from the 25th to the 27th October. Also, 2019 will see the return of the ITF Worldwide Participation Conference after its success in 2018. The conference will be held on the 7th and 8th July 2019. More information about both conferences will be released in due course.



The ITF eBooks app now has 118 publications, of which over 60 are free, and there are publications available in English, Spanish, French, Russian, Mandarin, and now just recently, Portuguese, with 5 new publications. Also, Tennis iCoach now features 12 presentations from the 2018 ITF Worldwide Participation Conference, and the first presentations from the LTA's National Coaches' Conference are now available. You can sign up for just \$30USD per year, and by going to www.tenniscoach.com. The ITF Academy, which will be launched soon, will provide information, education and certification support through a blended learning approach. The ITF Academy will become the home for the Tennis iCoach library of videos, presentations and articles, and two initial online courses on ethics in coaching and an introduction on tennis will be released for users to try out.

Finally, we would like to thank all the authors for their contributions, as well as all of those who sent in proposals. We hope that you enjoy reading the 76th edition of the ITF Coaching and Sport Science Review just as much as we enjoyed putting it together.

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