



Editorial

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Welcome to issue 84 of the ITF Coaching and Sport Science Review. This issue is the second one of 2021 and, apart from in the ITF Academy, it is also available in the new page that includes the articles in individual files as well as a new digital submission system that will improve the quality and visibility of our publication. The new page can be accessed [here](#).

This issue includes contributions from all over the world and cover a wide range of topics such as physical testing, digital marketing, notational analysis, high-performance female players, mental training, biomechanics of the serve, tactical training, and others.

The ITF World Tennis Number continues its successful implementation. Over 130 nations have signed to participate in the project, representing 81% of global players. 1.5 million Player Records and 10 million match records have been validated and loaded. The first 100 Junior Player ITF World Tennis Numbers went public on 19th July in the player profiles of [itftennis.com](#), and 1000 ITF World Tennis Tour Junior players will have their ITF World Tennis Numbers displayed. Work continues with the ITF nations on how to successfully activate the ITF WTN using an extensive promotional and branding toolkit of launch resources. ITF are also using advanced processes to identify duplicate players in different databases around the world. ITF Academy offers three educational courses on ITF WTN. ITF WTN is used as a supportive entry criterion to 2021 ITF World Junior Tennis Finals (14U) and JDC & BJJC Junior (16U) Finals, and to 2021 ITF Seniors World Championships.

Following the postponement of the 2020 ITF World Participation Conference due to the COVID-19 pandemic, this year's third edition was hosted virtually on 12-14 July. Under the topic of 'innovating to drive participation in sport', 466 delegates from 142 different nations were in attendance to hear from 33 expert speakers during the three-day event. As with the 2018 and 2019 events, the Conference continued to provide an interactive forum centred around shared practices and discussions across the specific Conference topics. The content from this year's conference, as well as the previous two ITF World Participation Conferences, are already available through registration on the ITF Academy platform.

The 2021 ITF Global Tennis Report, which was presented during the above Conference, revealed that tennis participation has increased globally, despite the impact of the pandemic. In fact, it appears that tennis has benefitted more than most sports over the last 18 months since it can be played



socially distanced. The new report is an important and timely update to the 2019 Global Tennis Report, which was the first time a worldwide picture of performance and participation had been established in tennis. The data provides crucial insight that informs the ITF's Global Development strategy, which sees more than \$10 million invested each year to ensure the sustainability and long-term health of tennis. The report is available in the ITF eBook app as well as [here](#).

At the time of writing, the ITF Academy has more than 37,690 registered users and 153,400 anonymous users (coaches, players, parents, administrators and fans) who have access to more than 160 English courses, 135 French and Spanish courses, 95 courses in Portuguese and 110 courses in Russian. Three additional languages have been activated since the last report. Indonesian and Turkish were requested by the NAs which provide the translations to be uploaded.

Arabic is the other new language added with more than 40 courses already translated and published. For the period 1 March 2021 to 25 July 2021 since the last report, more than 1,018,250 page-views were recorded, with users spending an average of 13 minutes per session, browsing an average of 12 pages. As per publications, currently there are more than 175 publications available on the ITF eBooks app in up to 15 languages.

This year's edition of the ITF World Coaches Conference by BNP Paribas will take place virtually from 5 to 7 November via the ITF Academy. Planning is underway with further information to be provided on registration, format, and speakers shortly.

As per courses, since 1 March 2021, eighteen ITF-supported courses have been delivered, six of which were in person and twelve virtually. Topics for virtual delivery included national tutor development courses at Play Tennis and CBI levels and courses for tennis parents. The in-person courses followed the standard ITF syllabi – Play Tennis, CBI, and CAP. The theoretical delivery of the OS Scholarship programme for the ITF Coaching High-Performance Players courses in Valencia was successfully delivered through the ITF Academy. The 25 selected candidates completed the six-week theoretical part of the course by completing the assigned online subjects as well as attending daily webinars, all facilitated through the ITF Academy. The practical aspects of the certification course will be completed in the autumn of 2021, depending upon the candidates' ability to travel. Furthermore, the ITF International Tutor Certification was launched over the summer, inviting the core group of identified tutors to apply as part of the initial phase of the programme. To date, more than ten tutors have received their recognition at the various certification levels.

The ITF continues to support 141 active National Associations that are involved in the ITF Junior Tennis Initiative (JTI). Brunei Darussalam and Somalia have become active JTI nations during 2021, with Somalia joining for the first time. The ITF Development Officers continue to meet regularly with their regions' National JTI Coordinators, coordinating virtual conference calls each quarter. All National Coordinators were invited to attend the ITF Participation Webinar and the ITF World Participation Conference, as a means to ensure that they are up-to-date with the ITF activities in participation and to receive educational opportunities. All National Coordinators must now complete the 'Understanding the JTI' and 'Safeguarding in Tennis' courses within the ITF Academy

prior to any subsidy is processed by the ITF to their National Associations and will be invited to attend the 2nd Global National Coordinator Workshop to be hosted virtually later in the year.

The level of tennis activity is being monitored by the ITF Development Officers due to the impact of the pandemic, particularly within the components of the grassroots tennis and junior performance under the JTI. In correspondence with the nations and the National JTI Coordinators, recreational activity nationally is being tracked regularly, as well as levels of inactivity. Primary School tennis activity is still being impacted in many countries, both in terms of development and competition. Furthermore, the ITF have created an online digital Toolkit for National Associations to create pre-defined print and digital promotional assets. These assets are for promoting their JTI activities and their organised Tennis Festivals to increase tennis participation for all. All active JTI nations have been provided access to the ITF Toolkit and their Users must be nominated by official personnel within the National Association through an online nomination form. Once permitted, the Toolkit Users may create and then download their customised assets for their promotional means.

Conducted under the participation pillar, a Rules of Tennis trial has begun to receive feedback from National Associations related to a proposed amendment under Appendix VII "10-and-under competition". The amendment was submitted to the Rules of Tennis Committee in December 2020 following an in-depth research study conducted for the ITF by Tennis Australia and Victoria University, Melbourne. The aim of the rule change amendment is to allow more young players to experience greater success when playing on the designated "red", "orange" and "green" courts. The ITF have administered guidance for all National Associations to trial the amended net heights and receive feedback from their tennis coaches, competition administrators and from competition players' parents. Tennis equipment manufacturers will also be consulted during the trial period. All coaches interested in cooperating with the trial should contact their National Association.

We would also like to encourage new submissions to the ITF CSSR through the new platform. 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 84th edition of the ITF Coaching and Sport Science Review.

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RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)

