



Editorial

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Welcome to issue 74 of the ITF Coaching and Sport Science Review, the first issue of 2018. In this issue, the topics cover a range of aspects in the game including: periodization for juniors, muscle memory and imagery, the inside out forehand, tactical/notational analysis, adapted equipment, and winning or losing at wheelchair tennis Grand Slam tournaments among others.

The ITF is pleased to announce that the inaugural ITF Worldwide Participation Conference will take place in London on Sunday 8 and Monday 9 July 2018. The event, which will aim to create a global conversation for increasing participation in tennis and sport, will be hosted at Chelsea Football Club's Stamford Bridge stadium. The conference, which will bring together leading international experts, will provide an interactive and modern forum for discussing ideas on how to increase participation – both in tennis and in sport more generally. The sharing of best practices from across the world and reflection on successful projects that have contributed to growth and retention in sport, will take significant focus through the two-day event. The inaugural event will be a fantastic platform for our sport to showcase tennis as one of the most participated recreational sports worldwide. Speakers will be confirmed shortly. For more information on how to register for this ITF event, please visit the official page by clicking here.

The ITF Coaches' Commission welcomes new members for 2018/19 elected by the ITF Board of Directors: Ghizela Enslin (RSA), Edgar Giffenig (MEX), Demetris Herodotou (CYP), Antonio Nadal (ESP), Nicole Pratt (AUS), Big Qi (CHN), and Kawaljeet Singh (IND). Its first meeting will be hosted during Roland Garros. We would also like to take the opportunity to thank those who served in the ITF Coaches' Commission during the previous terms.

2018 marks another year that the biannual ITF Regional Coaching Conferences return. The Conferences, sponsored by BNP Paribas, form an important part of the ITF's Coach Education Programme and, as always, will be featuring high calibre international experts. The main topic for this year's Conferences is women's tennis. For more information, dates and venues of the Conferences please click here.

The official research study evaluating 'the impact of the ITF Tennis Play and Stay campaign on the tennis industry, since its inception in 2007' conducted by the Institute of Sport, Exercise



and Active Living (ISEAL) at Victoria University, Australia has been completed. The findings will be published shortly in the ITF ebooks app.

In February 2017, the new ITF ebooks app was released. This app now has a total of 80 publications available: 33 in English, 18 in Spanish, 15 in French, 8 in Russian and 6 in Chinese; 46 of which are free to download as ebooks from Google Play for Android devices and from the App Store for Apple devices.

The ITF Tennis iCoach website now has presentations the 2017 LTA National Coaches' Conference and the 20th ITF Worldwide Coaches Conference. Presentations by keynote and workshop speakers feature now on the website. For just \$30USD per year you can keep up to date with the most current tennis specific coaching information. You can view this content and register for Tennis iCoach membership here.

ITF is happy to announce that the Coach Education system of the Swedish and the Polish Tennis Associations have been recognised at Silver level and the Coach Education system of the Colombian Tennis Federation has been renewed at Gold level.

We hope that you will value the information presented in this 74th edition of the ITF Coaching and Sport Science Review. We would like to thank all the authors for their contributions and those who sent proposals. We also hope that you will continue to make use of all the other coaching resources provided by the ITF which can be viewed on the ITF Coaching webpage here.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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