



Editorial

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Welcome to issue 73 of the ITF Coaching and Sport Science Review, the final issue of 2017. The articles in this issue cover a wide selection of tennis specific topics; the current nature of tennis at the elite level from recent data trends, nutrition strategies in tennis, the effects of varied practice and key considerations for players and coaches when working with the media.

This issue follows the conclusion of the landmark 20th ITF Worldwide Coaches Conference by BNP Paribas in Sofia, Bulgaria in October. ITF President David Haggerty and the Bulgarian Tennis Federation hailed this year's event a resounding success. The President opened the conference addressing the delegates and highlighting that "development of the game is one of the key strands of ITF 2024, the long-term plan for sustainable growth, and coaches play a big part in that. There are so many different aspects within development," he explained. "We're talking about developing, growing and promoting the game and coaches do each of those".

'The journey of the player' was the theme of the week in Bulgaria, with the week's presentations beginning with high-energy grassroots level sessions for young players aged 4-12 years old delivered by; Ruben Neyens (BEL), Sam Richardson (GBR) and Anne Pankhurst (GBR) and progressing to the elite side of the game with insights and personal journeys from renowned former professional players and tour coaches including; Mary Pierce (FRA), Magdalena Maleeva (BUL), Elena Likhovtseva (RUS) and Louis Cayer (CAN). The afternoon workshop presentations also gave diverse and significant knowledge applicable to all levels of coaches and were well received. Presentations were also delivered on the importance and role of coaches to the ITF's AntiDoping programme, the Tennis Integrity Unit and the efforts being made to educate coaches against corruption and betting related offences and the ITF Transition Tour 2019.

The ITF/Olympic Solidarity courses and scholarships programme has proven to be world leading in a report published by the IOC for the years 2013-16. The objective of this programme is to provide training to active, officially recognised coaches through courses led in the country by an expert approved by the relevant International Federation. Between the 2013-16 period, National Olympic Committees

organised almost 1,000 technical courses across more than 30 summer Olympic sports. The ITF was delighted to see that tennis ranked among the top 3 sports for organising these courses for coaches around the world cementing the ITF Coach Education programme as world leading in its ongoing efforts to produce more and better coaches.



Updated content on Tennis iCoach sees new presentations from the 2017 LTA National Coaches' Conference and the 20th ITF Worldwide Coaches Conference. The new resources cover; doubles tactics for U14 girls, current game-styles observed in professional women's tennis and what coaches should be working on to develop female players for the future, dynamic balance training for U14 players and the latest biomechanics applications in tennis.

The official research study evaluating 'the impact of the ITF Tennis Play and Stay campaign on the tennis industry, since its inception in 2007' will be completed soon. The research, which is being administered by the Institute of Sport, Exercise and Active Living (ISEAL) at Victoria University, Australia, will seek to acquire a broader understanding of the actual adoption and the impact of the campaign by consulting with the National Tennis Associations; the tennis equipment suppliers and manufacturers; teachers and coaches who deliver programmes relate to the campaign; and the players impacted. To provide you feedback on the ITF Tennis Play and

Stay campaign, please click here to complete a short online survey.

We thank you for your continued support in 2017 and hope that you find the 73rd edition of the ITF Coaching and Sport Science Review insightful and that it will keep allowing coaches across the world to develop their coaching knowledge using the latest scientific research. As always, you can continue to make use of all the ITF's comprehensive coaching resources and news by visiting the ITF coaching website here.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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