



Editorial

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Welcome to issue 88 of the ITF Coaching and Sport Science Review. This issue is the last one of 2022. It is available in the ITF Academy as well as in the new page of the journal, which can be accessed [here](#). This issue covers an interesting variety of topics which include stroke footwork, serve performance, hydration, incidence of injuries, feedback and learning, improvement of reaction time, test to assess displacements, performance narrative, quantification of training load, and a sport science evidence-based approach to coaching.

Within the 2021-2024 ITF development strategy the Education pillar includes several projects that have been implemented throughout 2022. ITF supported 32 certification courses organised by 30 National Associations, from August to December 2022. The in-person courses followed the standard ITF syllabi for ITF Play Tennis, Coaching Beginner and Intermediate Players, Coaching Advanced Players, and Coaching High-Performance Players courses. Fifteen courses were funded by Olympic Solidarity (OS) of which six were Regional Technical Courses for Coaches, with different type courses taking place in Cambodia, Lithuania, Mexico, South Africa, and Tunisia.

Three ITF Regional Coaches Conferences (RCC) took place during the second half of the year. In person conferences were held in Bali, Indonesia from 27 to 29 October (English speaking conference) which was attended by 161 coaches representing 36 nations, and Bogota, Colombia from 1 to 3 November (Spanish speaking conference with English translation) with 177 coaches attending representing 31 nations. A two-day virtual French speaking conference was delivered through the ITF Academy on 20 and 21 October and attended by 142 coaches representing 29 nations. Therefore, a total of 480 coaches from 96 nations took part in these Conferences.

Two types of courses were offered as part of this year's OS Scholarship programme for coaches in Valencia – the ITF Coaching High-Performance Players course and the ITF Coaching Advanced Players (CAP) course for former players. All the courses were completed, with former players Marcos Baghdatis (CYP), Karolina Sprem (CRO) and Alexandra Dulgheru (ROM) completing the CAP course. All nine former players, coaches of national teams who attended the practical part of the course passed. The theoretical parts of the courses were delivered through the ITF Academy. The 28 selected candidates completed either the four or six-week theoretical part of their respective courses at the end of May/mid-June, while the practical aspects of the certification courses took place in July and August. It is great to see former professional players moving to the coaching pathway reinforcing the message that tennis is everyone's game.

The ITF is providing opportunities for those interested in getting involved in tennis at all levels of the game through a financially sustainable educational platform, which is a win-win situation for member nations, regional associations, users, and the ITF. The ITF Academy is one of our key digital assets. Subscriptions for the platform soared during the pandemic, and this doesn't appear to be slowing down as we saw a 20% increase in registered users this year. The ITF Academy is a bespoke learning management system used to deliver information, education and certification opportunities to national associations, coaches, players, parents, fans, and administrators, which is available in 11 languages.

More courses were added to the growing library of content this year so that users can learn about the ITF World Tennis Number, Beach Tennis, Physical literacy, and High-Performance Sport for Athletes with an intellectual impairment, among others. Looking ahead to 2023 and based on feedback obtained from National Associations and other stakeholders, we will be launching a programme for club managers, a new Officiating section, a course on coaching Female Players and a series of courses on Wheelchair Tennis. By continuously adding new and varied content relevant to the users, the ITF Academy aligns with the ITF strategy to service different audiences and interests for the benefit of the game.

ITF Data Sharing Agreements (DSAs) have been sent to 99 NAs who agreed to an ITF Academy NA package, of which 85 have activated their packages and are actively using the platform to host national certification courses and education workshops or webinars. At the time of writing, the ITF Academy has more than 56,500 registered users and 199,000 anonymous users who have access to more than 190 English courses, 154 French courses, 147 Spanish courses, 151 courses in Portuguese, 159 courses in Russian, 99 in Arabic, 59 in Indonesian, 66 in Chinese, 33 in Turkish and 19 in Slovak the most recently added language. Persian will be the next language to be launched. For the period 1 July 2022 to 11 December 2022, more than 1,000,000 (one million) page-views were recorded, with users spending an average of 21 minutes per session, browsing an average of 17 pages. Library (former iCoach) content has also increased from 1,400 in 2021 to more than 1,650 to date.

The new ITF eBooks Progressive Web App (PWA) launched in August and is hosted within the ITF Academy. Users of the existing eBooks app received notifications through both the old and new app with details on how to migrate their current titles to the new platform. Currently all ITF course manuals are available on the new eBooks app as the existing content continues to be uploaded to the new platform. The ITF Advanced Coaches Manual is available for free, can be accessed and downloaded from the new app.

The ITF through Advantage All Campaign is facilitating three coaches to take part in the Women in Sport High Performance Pathway (WISH Programme) which has been developed in cooperation with the IOC/Olympic Solidarity, ASOIF, AIOWF and several International Federations already engaged in projects to increase opportunities and pathways for high performance women coaches. The Olympic programme has been developed in coordination with a team of specialists at the University of Hertfordshire to equip female coaches, who have the potential and ambition to succeed in gaining roles at elite coaching levels within their sports. The programme runs over 21 months and allows women who are involved or have the potential to be involved in elite coaching, to access leadership training, leadership mentoring and complementary sport-specific training led by the IF and with the engagements of the National Olympic Committees. The ITF candidates this year are Olha Khaniukova (Ukraine), Radhika Kanitkar (India), and Roxanne Clarke (South Africa). The coaches have attended a residential week in the UK in October and will continue the course next year.

Furthermore, a Development of a National Sport System (DNSS) project in Mauritius concluded at the end of April 2022. Ongoing DNSS projects include Bahrain, eSwatini and Chad with Turkmenistan approved as well. Since its launch last summer, 24 tutors have been recognised through the ITF International Tutor Certification programme. To date, eight nations have had their coach education system recognised by the ITF in 2022 through the Recognition of Coach Education Systems programme. There are now 69 nations in total of which 18 are recognised at Gold, 10 at Silver, 22 at Bronze and 19 at White level.

As part of the Participation pillar for the past 25 years, the ITF Junior Tennis Initiative has been an essential component of the player pathway. The national 14&Under grassroots programme is one of the most successful for introducing tennis across the four corners of the globe and providing the platform for many talented players to progress onto the regional Tours and the ITF Junior World Tennis Tour within their respective countries.

There are 142 active JTI nations currently supported by the ITF with many now utilising a new online reporting platform that has been implemented during 2021 and to provide us with their level of tennis activity. All National JTI Coordinators must complete a specific set of pre-requisite online courses via the ITF Academy, ensuring continuous professional development is available and that a minimum standard of understanding is attained across the programme by the key personnel responsible.

The JTI is not just about putting rackets in children's hands for the first time or finding the most talented players such as Kenyan's Angela Okutoyi and Iran's Meshkatolzahra Safi. It is a programme that provides opportunities for everyone to be involved in the sport, whether you are a deliverer, a parent, a player, or someone engaged in tennis as a fan.

We are seeing many former players who were first introduced to tennis through the JTI, using their knowledge and experience to help grow the next generation of players by taking on other roles in tennis. And then there's the tennis parents, who want to do more to support their wider community. The ITF Parent Education pathway is available through a series of courses and national workshops via the ITF Academy.

Understanding the tennis landscape is crucial to put in place a strategy for long term growth. Last year we published an update to the ITF Global Tennis Report focused on 41 nations who make up 90% of the tennis playing population, courts, and coaches. We are leading the way amongst other International Sport Federations by collating data from our member National Associations and utilising it to support the growth of the game.

This data collation process will continue in 2023 as we look to further understand the landscape of tennis through this insight across the world. In 2024 we will publish the next ITF Global Tennis Report to position us clearly on our journey to "30 by 30", 30-million more players by 2023.

You will be already aware of the key role of the ITF World Tennis Number (the "WTN") as a new digital product to open up the sport and make it more inclusive by inspiring players of all levels to play more often and stay in the game.

The vision of the WTN is to ensure all National Associations drive participation and act as leaders of their tennis community. To do this we have created a digital and physical community of players with a common language and have made a first-class global rating available to any player in the world.

As of today, 18 member associations and the ITF have publicly and successfully launched to 1.4 million players. And in total 153 Nations have signed up to take part in the project. There are more than 60 member associations securely sharing millions of tennis records which are used to power the sophisticated singles and doubles algorithms.

The Ukrainian Tennis Federation is working with the ITF to provide World Tennis Numbers for those players in the country, providing an opportunity and incentive for them to keep playing tennis, and to be part of a global rating community without the need for travelling. The ITF WTT Juniors and ITF Masters Tours have been using WTN as the acceptance criteria for all their tournaments and World Championships since May. The ITF will continue to successfully roll out the ITF World Tennis Number product and systems with the aim to build a large, engaged community of global players. To find out more about ITF World Tennis Number please visit www.worldtennisnumber.com

We do hope that what we have shared in this article shows how the ITF is thinking creatively about how to get more people involved in our sport. Most of all we look forward to working and supporting our member nations as you embark on your digitalisation journey so that we can reach and engage with the millions of tennis players that are not yet known to us and thus create opportunities for all involved.

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. Full guidelines for acceptance and publication of articles can be found in the most recent issue page on the ITF Academy. We hope that you enjoy reading the 88th edition of the ITF Coaching and Sport Science Review.

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