



Editorial

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Welcome to Issue 57 of the ITF Coaching & Sport Science Review. The articles in this issue cover a variety of topics including female tennis player development, recovery strategies, momentum during match play, parents and tennis, the use of slower balls in wheelchair tennis, the double handed forehand and the impact of fatigue on serve velocity.

The programmes for the five 2012 Regional Coaches Conferences by BNP Paribas, commencing with the first in León (Mexico) in September, can all be found on the ITF coaching weblet as well as information on how to enroll. The ITF are pleased to announce that the keynote speakers include Beni Linder (SWZ), Paul Dent (GBR), Mike Barrell (GBR), David Sanz (ESP), Bernard Pestre (FRA), Gabriel Jaramillo (USA), Ivan Molina (COL), Louis Cayer (CAN), Mark Kovacs (USA) and Max de Vylder (GB). In addition to this line up of speakers, both regional and national experts will also present at the Conferences.



Coaches who are interested in the Regional biannual Coaches Conference should approach their National Associations who will have received detailed information regarding the conferences. More information will be included in www.itftennis.com/coaching over the coming months.

The ITF Regional Coaches Conferences are conducted in partnership with Olympic Solidarity and the Regional Associations (ATF, COSAT, COTECC, and CAT) and the dates for the 2012 Regional Coaches Conferences are as follows:

19 - 22 September

7th Central American and Caribbean Regional Coaches Conference by BNP Paribas– Guanajuato, Mexico

20 - 23 September

8th Southern African Regional Coaches Conference by BNP Paribas –Sun City, South Africa

10 - 13 October

1st North African & West Asian Regional Coaches Conference by BNP Paribas - Hammamet, Tunisia

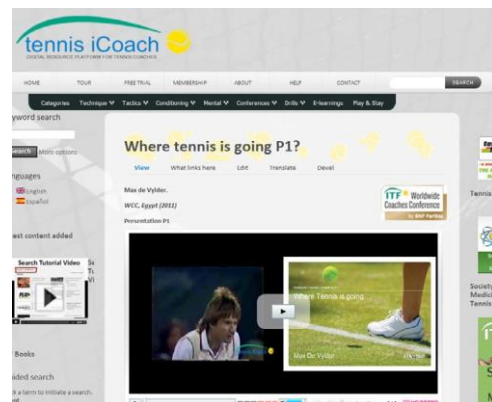
16 - 19 October

14th South American Regional Coaches Conference by BNP Paribas- Santa Cruz, Bolivia

7 - 10 November

16th Asian Regional Coaches Conference by BNP Paribas - Bangkok, Thailand

The European Coaches Symposium will also take place in Helsinki, Finland from 24th -28th October and coaches interested in attending should contact Tennis Europe.



As most of our readers will be aware, Tennis iCoach is the official coaching platform of the ITF. It is the world's premier

coach education resource offering both practical coaching and tennis specific sport science content on technique, tactics, biomechanics, psychology, sports medicine and coaching methodology. Tennis iCoach is an invaluable learning tool for tennis parents, players and coaches and offers a unique opportunity to optimise coaching knowledge and enhance your players' development.

Tennis iCoach is the only way to experience cutting edge developments in the game, from the world's top coaches and coach education experts. For a promotional period only, membership is now available for just \$30. If you would like to join Tennis iCoach, please visit www.tennisicoach.com to sign up. Coaches can also contact their National Association, to enquire if their country currently holds a National Payment Plan which can allow unlimited coaches from those nations.

At the recent ITF AGM a new programme Tennis Xpress was showcased and this active and dynamic coaching course for starter players centred on the use of the 25% slower green ball will be rolled out in 2013 as part of the Tennis Play and Stay campaign. More information on Tennis Xpress will be available in the next issue...

Finally, we do hope you will enjoy this issue of the ITF Coaching and Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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