



Editorial

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Welcome to Issue 58 of the ITF Coaching & Sport Science Review.

The articles in this issue cover a variety of topics including principles of natural justice for coaches, application of TRX training system to tennis, female tennis methodology and evolution, practice variability applied to tennis, among others.

This year has seen 5 successful BNP Paribas Regional Coaches Conferences taking place across the continents, showcasing the latest advances in tennis coaching, teaching methodology and tennis specific sports science research. The events were conducted in partnership with Olympic Solidarity and the Regional Associations (ATF, COSAT, COTECC, and CAT). We would like to thank the speakers, the host national and regional associations as well as Olympic Solidarity which helped to fund the conferences for helping us to make the events successful. Olympic Solidarity also funded the European Coaches Symposium which was held in Helsinki in October.

Progress with ITF resources throughout 2012 has seen the publication of 'Biomechanics for Advanced Tennis' in e-book format. Interested readers can go to:

<http://www.amazon.es/ITF-Biomechanics-Advanced-Tennis-ebook/dp/B00A79U7MK>.

The ITF tennis iCoach website remains at the forefront of online coach education, with up to date and current research available to coaches across the world. For just \$30 per year you can keep up to date with then most current tennis specific coaching information. Click on the following link. www.tennisicoach.com for a tour of the site.

The third Tennis Play and Stay seminar, held at the LTA's National Tennis Centre in London last week, concluded with the launch of Tennis Xpress, a new supporting programme of the ITF Tennis Play and Stay programme, to the 150 attending delegates. Representatives from the four Grand Slam nations, the ATP and WTA, and other members of the tennis industry were also present during the event. Tennis Xpress is an active and dynamic introduction for starter adult players and

recommended by the ITF as the best way to learn the game. Designed as a nine-hour course over six weeks for clubs and tennis facilities, Tennis Xpress is centred on the use of slower Green balls (25% slower) and Orange balls (50% slower) to ensure that players quickly learn the rules of tennis, and the basic techniques and tactics of tennis, in an active way.

The three and a half day seminar featured 39 different expert speakers, presenting on topics including Tennis10s; tennis retailing; teenagers in sport; health benefits of tennis; the impact of tennis on disabled people and the importance of good club practice. With 50 of the ITF's member nations in attendance, speakers included Dan Burrows, Partnership Manager from Nike Inc., Access to Sport and Alex Balfour, New Media Manager from the London Organising Committee of the Olympic and Paralympic Games, among others. ITF Executive Director of Professional Tennis, Kris Dent, introduced World Tennis Day and addressed questions from the delegates regarding the event and their involvement.

The ITF is pleased to announce that the BNP Paribas ITF Worldwide Coaches Conference 2013 will take place in Cancun, Mexico, from 5 to 9 November 2013. The event is being organised by the ITF in conjunction with the Federación Mexicana de Tennis (FMT) and COTECC. Confirmed speakers include Nick Bollettieri (USA), Jim Loehr (USA), Bruce Elliott (AUS), Rohan Goetzke (AUS), and Sven Groeneveld (NED). More details will be available earlier next year.

We hope that you will find this 58th edition of the Coaching and Sport Science Review interesting and that it will allow coaches across the world to build on and develop their coaching knowledge and to be more effective in their work as coaches. 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 weblet; (<http://www.itftennis.com/coaching/>).

We would like to announce that Tom Sutton is the new Assistant Research Officer. He has taken over Merlin van de Braam who is now in charge of Tennis iCoach.



RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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