



Editorial

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Welcome to Issue 59 of the ITF Coaching & Sport Science Review.

The main focus of this edition of CSSR is junior tennis. The articles range from medical and travel advice, obtaining scholarships in the US, to psychological variables and talent identification in young players.

Other topics in this issue include coaching children with autism, teaching styles, serve correction and information on an exciting new tennis app.

Since the launch of CSSR in English in 1992, the ITF has published over 560 articles from contributors of more than 35 different nationalities. Today the review is produced 3 times per year in the 3 official ITF languages of English, Spanish and French and made available free of charge on the ITF coaching web at <http://www.itftennis.com/coaching/sportsscience>.

The 2012 launch of, 'Biomechanics for Advanced Tennis' as an e-book has proven to be very successful in the new electronic format. Interested readers can purchase their copy at:

<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. Please click on the following link for a tour of the site. www.tennisicoach.com

In late 2013, the Tennis iCoach will be re-launched with mobile and tablet PC support on both Android and Apple devices. Version 3.0 of the site will also offer HD quality video, a new navigation and search system, as well as a range of new features that will enhance the user engagement and learning experience for users. The launch is set for autumn 2013 and will be officially released at the Worldwide conference in Mexico.

The ITF is pleased to announce that the 2013 ITF Worldwide Coaches Conference by BNP Paribas will take place in Cancun,

Mexico, from 5 to 9 November. The event is being organised by the ITF in conjunction with the Federación Mexicana de Tenis (FMT) and COTECC at the Iberostar Cancun resort. The Iberostar Cancun is a luxurious 5-star all-inclusive complex located on one of the finest beaches in Cancun, Mexico.

The theme of this year's Conference is 'The Long-term Development of a High Performance Player'. The Conference will have presentations related to four distinct ages of player development:

10 & under (Building phase)

11 - 14 years (Development phase)

15 - 18 years (Junior phase)

19 - 23 years (Transition to Professional phase).



The Iberostar Cancun 5-star resort.

For more information on this prestigious event please go to:

<http://en.coaching.itftennis.com/conferences/worldwide/2013-conference.aspx>

To see the summary video from the 2011 ITF Worldwide Coaches Conference by BNP Paribas in Egypt, please go to:

http://www.youtube.com/watch?v=dOGN_oUTxug

The ITF has launched the official Tennis Xpress promotional video following the global launch of the Tennis Xpress programme during the 3rd Tennis Play and Stay seminar at the LTA's National Tennis Centre in London in November 2012. You can watch the video by clicking the following link.

<http://www.tennisplayandstay.com/news/articles/tennis-xpress-promotional-video-launched.aspx>

Tennis Xpress is an easy, active and fun coaching programme for starter adults 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. Tennis Xpress is a supporting programme of the ITF Tennis Play and Stay campaign.

We hope that you will find this 59th edition of the Coaching and Sport Science Review informative 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 coaching webpage:

<http://www.itftennis.com/coaching>.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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