



## Editorial.

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Welcome to issue 62 of the ITF Coaching and Sport Science Review which is the first issue of 2014. It looks to be yet another exciting year in the world of tennis. Articles in this issue range from the analysis of men's and women's tennis to mental toughness and tennis specific fitness exercises. The authors of the articles in this issue bring a wealth of experience both as players and as coaches.

March saw the celebration of the annual World Tennis Day, a highly successful event marked in over 90 nations worldwide. It was encouraging to see so many venues supporting the ITF's bid to promote tennis and participation around the world. The event brought back some of tennis' greatest rivalries as the likes of Sampras and Agassi took to the court in London, with Murray playing Djokovic in New York. Action was seen across the globe with Tennis10s initiatives being showcased in many nations including Argentina, Kenya and New Zealand.



This year the ITF will be hosting the biannual Regional Coaching Conferences. The Conferences, sponsored by BNP Paribas, form an important part of the ITF's Coach Education Programme. This year the conferences will host a range of topics from high performance training to increasing participation by attracting new players of all levels and will

feature some of the top international speakers who will present some of the latest information related to the physical, tactical, technical and psychological elements of the game.

The confirmed dates for the ITF Regional Coaches Conferences by BNP Paribas so far are as follow:

24 - 27 September ITF/OS Southern African Regional Coaches Conference by BNP Paribas - South Africa

2 - 5 October ITF/OS Asian Regional Coaches Conference by BNP Paribas - China

18 - 21 October ITF/OS Central American Regional Coaches Conference by BNP Paribas - Nicaragua

22 - 25 October Tennis Europe/OS Coaches Conference - Estonia

Coaches who are interested in attending the conference in their region should approach their National Associations who will be receiving information in regards to the upcoming conferences shortly. Confirmation on the dates and venues in North Africa, South America and Caribbean will follow shortly and full details will be available on [www.itftennis.com/coaching](http://www.itftennis.com/coaching) in the coming months.

Tennis iCoach, the online tennis distance learning platform of the ITF continues to showcase presentations from the 18th Worldwide Coaches Conference by BNP Paribas, which was held in Cancún, Mexico last November. Presentations have now been published in English and Spanish from Judy Murray, Jim Loehr, Nick Bollettieri and other experts. To see the new video tour of Tennis iCoach, click here

The latest version Tennis iCoach has a vibrant new look and feel, with a more user friendly interface and simplified navigation. The site boasts powerful search filters to easily allow coaches, parents and players to access content that is relevant to them, from a library of over 1500 educational articles, videos and conferences.

This edition of the ITF Coaching and Sport Science review was edited and compiled by Tom Sutton who has been working in the ITF's coach education team for the past 18 months and has done a great job especially with co-ordinating the speakers and their requirements at the Worldwide Coaches Conference in Mexico. Tom has recently left his position at the ITF to take on a role at the upcoming Commonwealth Games. Tom has been a true asset to the Coaching Team at the ITF and we are very sorry to lose him from the team but we would like to wish him every success in the future and good luck in his new position.

We would like to thank you as one of our valued readers. We hope that you enjoy issue 62 of the ITF Coaching and Sport Science review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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