

Editorial.

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Welcome to issue 63 of the ITF Coaching and Sport Science Review. The articles in this issue cover a variety of topics including parenting and mentoring young tennis players, an analysis of wheelchair tennis technique and resilience in tennis.

The ITF Coaching website has been launched in French. Resources are now available to download directly from the new website including the latest Coaching and Sport Science Review. Please click [here](#) to view content now available in French.

The ITF/OS Regional Coaches Conferences by BNP Paribas form a very important element of the ITF's Coach Education Programme. The events are organised in conjunction with the Regional Associations and are often supported by Olympic Solidarity. The Conferences feature top-level international speakers and are designed to provide a forum on coach education for the top coaches from each region. The conference will include presentations by leading experts in the game including regional and national experts. Coaches who are interested in attending the events should approach their National Associations. This year the events will be held in Asia, Southern Africa, Northern Africa, South America, Central America, Caribbean and Europe. Information and full details of these events is available by clicking [here](#).

In 2007 the ITF officially launched a global campaign aimed at increasing tennis participation worldwide. The Tennis Play and Stay campaign aims to promote tennis as easy, fun and healthy, and to ensure all starter players are able to serve, rally and score from their first lesson. Fundamental to the campaign is the use of slower balls by coaches working with starter players, ensuring that their first experience of tennis is a positive one, where players are able to play the game. The programme consists of a series of supporting programmes that introduce tennis to the starter player and club based programmes to retain and encourage increased activity. These programmes include Tennis10s for children 10-and-under, and Tennis Xpress for adults.

Tennis10s is a fun way to start tennis and makes it easy for children to play the game, develop good technique and tactics and a love for the sport. Tennis10s is tennis for players aged 10-and-under, played on smaller courts with slower Red, Orange and Green balls. Using the slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the Yellow ball on the full court. There are

three stages of Tennis10s that allow players to start at the suitable level for their ability - Red (Stage 3), Orange (Stage 2) and Green (Stage 1). Click [here](#) to find out more about the three stages.

Tennis Xpress is also part of the ITF's Tennis Play and Stay campaign. It continues to be implemented in nations around the world, with over 20 nations implementing the programme since the programme was introduced in 2013. These nations include Argentina, Brazil, Germany, Great Britain, India, Latvia, Malta, New Zealand, Norway, Poland and Portugal. Tennis Xpress is an easy, active and fun coaching programme for adults which uses the slower balls. The aim of the course is to enable starter adults to serve, rally and score from the first session and to ensure that by the end of the course all adults know the basic techniques, tactics and the Rules of Tennis, so that they are able to play competition using the Green ball on a full court.



As readers will be aware, Tennis iCoach is the official coaching platform of the ITF. It is a resource available aiming to educate parents, coaches and players by offering both practical coaching and tennis specific sport science content on technique, tactics, biomechanics, psychology, sports medicine and coaching methodology. It is designed to provide specialist information to optimise coaching knowledge and enhance player development. Material is showcased through articles, videos and interviews with some of the leading experts in the game. If you would like to join Tennis iCoach please visit www.tennisicoach.com to sign up for just \$30. 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 to join for free.

We hope that you enjoy this issue of the ITF Coaching and Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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