



Editorial.

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Welcome to issue 64 of the ITF Coaching and Sport Science Review which is the third issue of 2014. The articles in this issue cover a variety of topics including the secrets of Spanish tennis, accomplishing Grand Slam goals, specific key points in tennis and reflective considerations on tennis learning.

The ITF is pleased to announce that the 2015 ITF Worldwide Coaches Conference by BNP Paribas will take place in Antalya, Turkey from Tuesday 17 to Saturday 21 November 2015. The event is being organised by the ITF in conjunction with the Turkish Tennis Federation (Turkiye Tenis Federasyonu) and Tennis Europe. The ITF Worldwide Coaches Conference by BNP Paribas is an international coaching conference which regularly attracts over 800 coaches and experts from over 80 different countries around the world. The venue will be the Kaya Palazzo and Belek hotels & Convention Centre in Antalya. The ITF Worldwide Coaches Conference by BNP Paribas is the showpiece of the ITF's Coach Education Programme. This 5-day conference will bring together leading international experts in coach education, player performance and sport science to present on the latest developments in these fields through practical on-court coaching presentations as well as lecture room presentations.

This year has seen 5 successful BNP Paribas Regional Coaches Conferences take place across the continents, showcasing the latest advances in tennis coaching, teaching methodology and tennis specific sports science research. The theme for the Regional Coaches Conferences this year was 14 & under tennis. The events were conducted in partnership with Olympic Solidarity and the Regional Associations. 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 Tallinn, Estonia in October.

Progress with ITF resources throughout 2014 has seen the publication of 'Tennis Psychology' and 'Developing young tennis players' in e-book format. 'Developing Young Tennis Players' was recently published in e-book format in Spanish, interested readers can go here to purchase.

It has been another memorable year for Davis Cup by BNP Paribas with a record-breaking crowd in the final between France and Switzerland proving to be the icing on the cake. In total 566 players from 122 nations contested this year's competition, in which Switzerland, led by Roger Federer and Stan Wawrinka, became only the 14th nation to win the 115-

year-old event after defeating France 3-1 in the Final in Lille on 21-23 November.

The Final attracted a record number of spectators for an officially-sanctioned tennis event with a crowd of 27,448 on Sunday in Lille. This brought the total attendance for Davis Cup in 2014 to 600,000 spectators. ITF President Francesco Ricci Bitti said: "It has been an outstanding year for Davis Cup, with strong player participation, record attendances, and increasing TV and online audiences." A key factor in the success of Davis Cup in 2014 has been the launch of Show Your Colours, a new fan-focused campaign to promote Davis Cup and Fed Cup as the world cups of tennis, and already used by over 60 nations globally. Building on the unique team nature of both competitions, Show Your Colours uses branding elements for promotion, in-stadium activities and all of the ITF's website and social media activity.

In 2014 the ITF Junior Tennis Taskforce published recommendations for 10 & 12-and-under competition for National Associations. The recommendations are to assist National Associations and their coaches with how to benefit the 10 & 12-and-under players training and playing in the national competition structures. The taskforce is made up of high profile experts in the field of junior tennis high performance and player development, representing ten of the most successful tennis nations from each region around the world including Argentina, Australia, Brazil, Canada, France, Germany, Great Britain, Japan, Spain and USA. Click here to access the recommendations.

Tennis Xpress continues to be implemented in many National Association's national development programmes worldwide. Tennis Xpress is an easy, active and fun coaching programme for adults and the aim of the course is to enable starter adults to learn to 'Play Tennis the Easy Way!'. By the end of the course all adults will know the basic techniques, tactics and the Rules of Tennis and will be able to play user friendly competition using the green or yellow ball on a full court. To access to six-week course schedule and to find out more about Tennis Xpress, click here.

A new feature on Tennis iCoach provides users the ability to rate content, from 1 to 5 stars. This feature will allow coaches to not only interact with the site, but also to find content that is the most popular among iCoach members, at the click of a button. The ITF Tennis iCoach website remains at the forefront

of online coach education platforms. The platform hosts up to date and current research making it easily accessible to parents, players and coaches across the world. [Click here for a tour of the site.](#)

We hope that you find the 64th 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. We also hope that you will continue to make use of all the other coaching resources provided by the ITF which can be viewed [here](#).

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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