



## Editorial

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Welcome to issue 83 of the ITF Coaching and Sport Science Review. This issue is the first one of 2021 and it marks an important achievement for our journal. We have launched a new page that includes the articles in individual files as well as a new digital submission system that will improve the quality and visibility of our publication. The new page can be accessed [here](#).

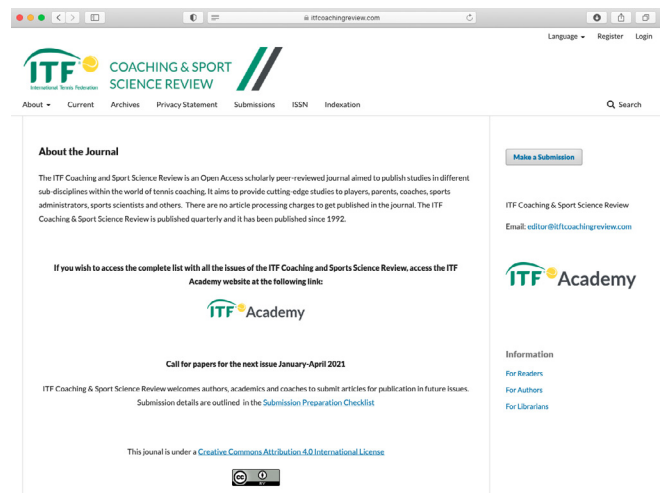
This issue includes contributions from all over the world and cover a wide range of topics such as match fixing, performance factors in wheelchair tennis, marketing and communications, injuries in female players, acceleration training, kinematics of the serve, variability in the warm-up, innovation in tennis, etc.

The coronavirus pandemic has confronted the entire world with unprecedented challenges. We would like to thank all the tennis stakeholders very much for your continued commitment to develop our sport, overcoming the many challenges and supporting the safe and successful delivery of the training programmes, competitions and events that have helped to keep the tennis activity running in these times. It is very reassuring and helpful that many tennis organisations have successfully held programmes and events which are safe and secure.

The ITF Development Department continues to work towards the ITF's goal of increasing participation worldwide from 87m to 120m players by 2030: "30 by 30". The ITF Global Tennis Report will be published in July 2021. The global data provided by member nations in this report will continue to inform the ITF development strategy.

The ITF Academy, the official educational platform of the ITF has more than 34,000 registered users and 135,000 anonymous users with access to more than 135 English courses, 110 French and Spanish courses, 75 courses in Portuguese and 80 courses in Russian. The Players section of the ITF Academy has 16 courses, and more courses will be uploaded in due course. Please [click here](#) to register for free now.

The ITF Advantage All: Gender Equality strategy is gaining momentum. The Leadership development programme was launched in March and a high-level Advantage All Global Forum was held on April 12th as a virtual event with high profile speakers and an impactful content agenda to address the barriers and discuss solutions for equal opportunity in tennis.



The ITF has announced that more than 100 nations from across six continents have signed up to launch the ITF World Tennis Number from 2021. Together, these countries account for 68 million tennis players, equating to 78% of the world's playing population. The ITF World Tennis Number will establish a single global tennis rating for players of all ages, genders and abilities, making it easier than ever for people to find opponents that are evenly matched to them, wherever they are in the world. Featuring a host of innovative features, it is powered by a state-of-the-art algorithm that analyses performance data and millions of match results in order to provide players with a real-time skill level rating that will enable them to have more meaningful and enjoyable tennis experiences. Please [click here](#) to access to more information.

The 2021 ITF World Participation Conference (WPC) will be hosted virtually from 12-14 July. The Conference will continue to provide an interactive forum centred around shared practices and discussions with keynote speakers from within the tennis family, other international sports and leading experts from the specific Conference topics. Details will be communicated in due course.

The ITF continues to support the 139 active National Associations that are involved in the ITF Junior Tennis Initiative (JTI). The programme had 10 new nations becoming active during 2020. Since the pandemic hit, the ITF Development Officers have organised over 30 specific virtual conference calls with their respective region's National JTI Coordinators.

During 2021, a Rule of Tennis trial will be conducted under Appendix VII “10-and-under competition”. The amendment was submitted to the Rules of Tennis Committee in December 2020 following an in-depth research study conducted for the ITF by Tennis Australia and Victoria University, Melbourne. The height of the nets used for 10-and-under competition were reviewed and the recommendations were to amend the previously stated heights. The aim of the rule change amendment is to allow more young players to experience greater success when playing on the designated “red”, “orange” and “green” courts.

We would also like to encourage new submissions to the ITF CSSR using the new system that can be found in the journal web page. Finally, we would like to thank all the authors for their contributions, as well as all of those who sent in proposals. We hope that you enjoy reading the 83rd edition of the ITF Coaching and Sport Science Review.

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RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)

