



Editorial

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Welcome to issue 80 of the ITF Coaching and Sport Science Review. During these troubling times, our foremost thoughts are with everyone who has been directly affected by the COVID-19 pandemic, and we send our condolences to those who have lost loved ones and those who are currently suffering. The lockdown being observed in many countries in the world has meant the suspension or postponement of many tennis events including tournaments, training, casual play. Whilst this is an obvious necessity at this time, and the priority must be on protecting lives, we know that for those with lives more embedded in tennis such as players and coaches, this has meant a stop to all work and activity for the time being. Therefore, to assist everyone in tennis affected globally during this time of uncertainty, the ITF has made more coaching resources available for free for the duration of this period of imposed shutdown.

More than 340 content pages, including videos, articles and scientific research papers, have now been made available for free on the ITF Academy, the ITF's educational platform, under the iCoach video and article library. New interactive online courses have recently been added to the 'Education' platform in the ITF Academy, with 23 free courses currently available in English and a further 8 in Spanish and 8 in French. The courses cover a variety of subjects, from an 'Introduction to Strategy & Tactics' to 'Ethics in Coaching'. New courses will be added each week, with 'Goal setting', 'Tennis Parents' and 'Teaching Methodology' among the upcoming topics to be covered. Whether for an established coach, a newcomer, or just someone interested in better understanding the theoretical side of the sport, the ITF Academy is an essential tool for continued professional development. Please click here to register for free now.

In addition to the courses and resources available on ITF Academy, the ITF are also making their bestselling eBook 'Advanced Coaches Manual' available for free to all during this period (previously £14.99). Accessible via the ITF eBooks App which is available only on smartphones and tablets, the manual has been published in 13 languages and contains comprehensive scientific and practical information on all elements of the game for coaches working with players of all ages and abilities. The ITF eBooks app is an invaluable source of information in its own right, with more than 150 publications currently live – many of which are free to access.

We encourage our readers to use the ITF Coaching and Sport Science Review as much as possible as it is a fantastic resource for players, fans and coaches looking to improve their game, knowledge or coaching. The ITF Coaching and Sports Review enters its 28th year in 2020, with this issue this being its 80th issue. Around 800 articles have been published in the ITF Coaching and Sport Science Review since 1993, and these have covered a wide range of topics such as biomechanics, tactics, psychology, physiology, strength and conditioning, business, and more. Each of these articles, at the time of publication, contains the most up-to-date scientific knowledge, written by experts and those in the field, contributing to current coaching knowledgebase. We would also like to encourage new submissions to the ITF Coaching and Sport Science Review, and full guidelines for acceptance and publication of articles can be found in the most recent issue page on the ITF Academy.

Finally, back to the current issue of the ITF Coaching and Sport Science Review. This article covers a wide range of topics including the movement of the head, a Caribbean perspective on coach education, circuit training, biological vs. chronological age, mental skills, attention, measuring training load, perception and the attitudes of elite coaches. One final article covers some considerations for running a tennis business. 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 80th edition of the ITF Coaching and Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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