



Editorial

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Welcome to Issue 51 of the ITF Coaching & Sport Science Review.

This is a monographic issue of the ITF Coaching & Sport Science Review, devoted to "Tennis 10s". "Tennis 10s" is tennis for 10 & under players played with slower red, orange or green balls on the appropriate sized courts. The ITF plans to change the rules of tennis so as to eliminate the use of the regular tennis ball for 10 and under competition from January 2012. For this issue, many experts have collated their expertise to help inform the coaching community of the importance of this new ITF initiative. The ITF recommends that 10 & under training and competition should not be played with a regular ball but instead players should train and compete with the slower balls.

The articles will highlight issues associated with coaching and organizing competition for 10 & under players and how using slower balls will help more easily develop efficient technique and also allow players of this age to implement advanced tactics that previously, in most cases, could not be performed using a regular yellow ball.



Some of the tennis experts who have contributed to Issue 51 include:

- Line Declercq, Flemish Tennis Federation, Belgium
- Jolyn de Boer, Executive Director, Tennis Industry Association
- Kirk Anderson, Director USTA Recreational Coaches and Programmes

- Sandi Procter, Director of Tennis, Bromley Tennis Centre, UK
- Mike Barrell, evolve9
- Mark Tennant, inspire2coach
- Patrick McEnroe, USTA
- Victor Cabral, Director of Research and Coaching, Portuguese Tennis Federation.
- Wayne Elderton, Head of Tennis Canada Coaching Development and Certification
- As well as ITF experts Dave Miley, Miguel Crespo, Mark Bullock and James Newman.

We would like to thank all the experts for their contribution and help with this issue. Furthermore, we hope that these articles generate a great amount of discussion between coaches, academies and federations around the world about the most effective way to introduce under 10 players to the great game of tennis. More information and resources about the "Tennis10s" campaign including endorsements from top players including Roger Federer Rafael Nada, Sam Stoser and Elena Jankovic can be found at www.tennis10s.com.

The programmes for the five ITF 2010 Regional Coaches Conferences, commencing with the first in Pretoria in September, can all be found on the ITF coaching weblet (www.itftennis.com/coaching) as well information on how to register to attend. The ITF are pleased to announce that the keynote speakers include Machar Reid (AUS), Antoni Girod (FRA), Jofre Porta (ESP), Eliot Teltscher (USA), Pancho Alvarino (ESP), Beni Linder (SWI), Mark Tennant (GBR), Mike Barrell (GBR), Rémi Leurs (FRA) and Frank van Fraayhoven (NED).

The ITF Regional Coaches Conferences are conducted in partnership with Olympic Solidarity and the Regional Associations (ATF, COSAT, COTECC, and CAT) and the dates for each of the Regional Coaches Conferences are as follows:

- African - Pretoria, South Africa, 18 - 21 September.
- Central American & Caribbean - Puerto Vallarta, Mexico, 20 - 24 September.
- South American - Mar del Plata, Argentina, 5 - 9 October.
- North African - Hammamet, Tunisia, 6 - 9 October.
- Asian - Subic Bay, Philippines, 2 - 6 November.

In addition the European Coaches conference which is organized by Tennis Europe and part funded by the ITF and Olympic Solidarity will take place in Moscow from October 15th to 17th.

Coaches who are interested in attending these biennial Regional Coaches Conference can enter through their National Associations who have received detailed information regarding the conferences. We hope you enjoy this 51st edition of Coaching & Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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