



Editorial

Dave Miley, Miguel Crespo & Scott Over.

Tennis Development, Integrity and Development Department, International Tennis Federation, London, UK.

The ITF Coaching department is proud to welcome you to the historic 50th issue of will find articles from authors who have had a close association with the journal for many years and have published before within their various chosen fields. The articles summarise advances made in the world of tennis since the first issue of ITF Coaching and Sport Science Review in April 1993.



COACHES REVIEW

Spring 1993



Welcome to this issue of ITF Coaches Review. This brand new ITF publication contains material that we believe can assist coaches with the training of elite young tennis players. This issue features articles from Australia, Canada, Germany, Sweden, Britain and the United States. Over the past decade, developed tennis nations such as these have conducted a great deal of research into specific tennis areas. As a result, the application of sports sciences (biomechanics, physiology, psychology etc.) has played an important role in the development of many top young players. We are pleased that the coaches and National Associations conducting this research have agreed to share their findings with their colleagues from around the world through the ITF Coaches Review.

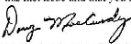
The ITF Coaches Review is a direct result of the formation of the ITF Coaches Commission. The Commission, comprising nine international experts, held its inaugural meeting last September during the US Open. The primary functions of this new Commission are to advise the ITF on matters related to coaching, recommend topics for future research and to review new research in tennis. The members of the Commission are: Charles Applewhite (UK), Tim Oullison (USA), Carlos Kirmayr (Brazil), Pierre Larnardie (Canada), Alberto Riba (Spain), Lynne Kelley (USA), Richard Schomborn (Germany), Masaru Uchiyama (Japan) and Ron Woods (USA).

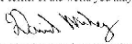
At its first meeting, it was recognised that it is difficult and often impossible for coaches from many nations to obtain tennis specific sports science material. Research in this area is usually printed in books and magazines in large nations such as the United States, Germany or Australia. For various logistical reasons, this information does not reach the coaches in many ITF member nations.

The Commission proposed that the ITF Coaches Review be created to act as a forum for new research in tennis. In the first issues we intend to publish research that is already in existence. However, in the long term, we hope that coaches from all over the world involved in research will submit articles regularly for publication. The members of the Commission will review the material submitted and decide if it warrants inclusion in the Coaches Review. In time, we believe that the ITF Coaches Review will become the publication with the most up to date tennis research, and will be distributed by the ITF to performance coaches around the world.

In this issue you will also see details of the 8th ITF Worldwide Coaches Workshop which will be hosted by the USTA in Key Biscayne, Florida in November. This unique event will once more see a gathering of the coaching fraternity from around the world to exchange ideas and learn of new developments in coaching tennis. Each nation is limited to four participants who must be endorsed by their National Association. We hope to see you there.

Finally, we would like to thank all of the coaches that have allowed us to reproduce their work in ITF Coaches Review. We are especially grateful to the Coaching Department of the British LTA, particularly Charles Applewhite and Paul Dent, who have assisted us with the preparation of this first issue and allowed us to reprint their 'Coaching Excellence' publication which appears in pages 3-10. We would also like to thank the USTA who have, through Ron Woods and Paul Roest, given us permission to publish articles from their 'Sports Science for Tennis' booklet. We hope that you enjoy this first issue and that you find it useful in your work on court, in whichever corner of the world you may be.


Doug MacCusker Director of Development


David Miley Development Administrator

In 1993 the journal was called ITF Coaches Review. Created as a direct result of the ITF Coaches Commission, its main goals were to publish tennis specific sport science and tennis coaching material that could assist coaches with the training of all levels of tennis players, to act as a forum for new research in tennis, to become a publication with the most up-to-date tennis research and to reach both the performance coaches and those working with other levels of players in the ITF member nations around the world.

Since its launch 17 years ago, the ITF have published over 500 articles from contributors of more than 35 different nationalities. Popular areas of research have included psychology, biomechanics, conditioning, physiology, coaches education, player development, and periodisation. The various topics are authored by experts in their fields, including Davis Cup and Fed Cup captains, professional players, sport scientists and doctors. The ITF Coaching Department would like to acknowledge the members of the editorial board and the Coaches Commission, past and present, who have made the journal such an outstanding periodical.

The ITF Coaches Review started off in 1993 with 2 biannual issues and printed as a magazine in only the English language. Today the review is available free of charge in all 3 of the official ITF languages (English, Spanish and French), with three issues a year being produced, one being a specific monographic issue. It is currently available worldwide on the ITF coaching weblet and searchable within many of the most renowned academic databases. The review is used within the ITF recommended coaching syllabus and provides some of the core reading at universities with sport and health related courses.

The ITF will continue to use the review to disseminate the most important tennis specific information and research and we hope that the next 50 issues will be as informative and as important as the past 50 issues in the development of our great sport of tennis and the improvement of coaching worldwide.

Coaches who are interested in the Regional biannual Coaches Conference should approach their National Associations who will shortly be receiving detailed information regarding the conferences. More information will be included in www.itftennis.com/coaching. The ITF Regional Coaches Conferences are conducted in partnership with Olympic Solidarity and the Regional Associations (ATF, COSAT, COTECC, and CAT) and the tentative dates for the Regional Coaches Conferences are as follows:

- Central American & Caribbean - Puerto Vallarta, Mexico, 20-24 September
- Asian - Subic Bay, Philippines, 1-7 November.
- African - Pretoria, South Africa, Tentative dates 18-21 September.
- South American - Mar del Plata, Argentina, 4-10 of October
- North African - Argelia, Algeria, 5-9 of October

We hope you enjoy edition 50 of the ITF Coaching and Sport Science Review, and welcome your comments on any of the information published in the Review either to the editors or to the specific article author whose email has been provided.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



Copyright (c) 2010 Dave Miley, Miguel Crespo & Scott Over.



This text is under a [Creative Commons BY 4.0 license](#)

You are free to Share - copy and redistribute the material in any medium or format - and Adapt the content - remix, transform, and build upon the material for any purpose, even commercially under the following terms:

Attribution: You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

[CC BY 4.0 license terms summary](#) [CC BY 4.0 license terms](#)