



# ITF Coaching and Sport Science Review: An Analysis of 17 Years – 50 Issues.

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## ABSTRACT

The purpose of this article is to analyse the contents and authors that have contributed with articles to the 50 issues of the ITF Coaching and Sport Science Review, the ITF Official Coaching and Sport Science Publication. Data is provided on total number of articles, authors, content structure and author origins as well as details on most prolific authors, contributor groups, etc.

**Key words:** CSSR, Content, Articles.  
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**Accepted:** 21 February 2010.  
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## INTRODUCTION

The first issue of ITF Coaching and Sport Science Review was published in April 1993. At that time the journal was called ITF Coaches Review. Created as a direct result of the ITF Coaches Commission, its main goals were to publish sport science tennis specific material that could assist coaches with the training of elite young level players, to act as a forum for new research in tennis, and to become the publication with the most up to date tennis research in order for this information to reach the performance coaches in the ITF member nations around the world.

In 2001, when ITF CSSR reached its 25th issue, an article was included in which all the topics covered in the Review were summarised. In this 50th issue, we will review and analyse the contents and authors that have contributed with articles throughout the 17 years of publication.

## METHODOLOGY OF ANALYSIS

The complete list of issues, articles and contributor authors was downloaded from the official ITF coaching web [www.itftennis.com/coaching](http://www.itftennis.com/coaching) and four tennis coaches' education experts, which acted as content referees, were consulted to oversee the content classification elaborated.

For analysis purposes, it was agreed that those articles including information which was not considered as containing a sport-science or coaching information content (i.e. editorial, letters to the editors, recommended books and videos, new books or DVDs published, or information and advertisements on the Worldwide Coaches Workshop or on the Regional Conferences) was not included.

The results of this analysis are presented below.

## ARTICLES

In the 50 issues of ITF CSSR that have appeared throughout 17 years, a total of 506 articles have been published. The mean articles published by issue is 10.12.

The contents of the articles were classified according to the professional criteria of the experts mentioned above. The contents were classified in the following groups: 1. Medicine and nutrition, 2. Physical conditioning, 3. Mini-tennis, play & stay, ITN, 4. Psychology, 5. Tactics, 6. Technique and biomechanics, 7. Planning, periodisation and talent id, 8. Coaching, training & teaching, 9. Coach development, and 10. Miscellaneous.



Figure 1. Depicts the breakdown and comparison of contents of the articles analysed.

Rank order	Content group	Nr of articles published	% over the total
1	Psychology	75	16,1
2	Coaching, training & teaching	60	12,9
3	Physical conditioning	59	12,7
4	Mini-tennis, play & stay, ITN	51	10,9
5	Planning, periodisation and talent id	46	9,9
6	Technique and biomechanics	46	9,9
7	Coach development	40	8,6
8	Tactics	36	7,7
9	Medicine and nutrition	34	7,3
10	Miscellaneous	19	4,1

Table 1. Compares and ranks the content group, number of articles published and percentage towards the total.

Inter - group content analysis

An indepth analysis of the specific contents in each of the groups that accounted for 10% or more over of the total was further analysed to obtain data regarding the subcontents.

Rank order	Content group	Nr of articles published	% over the total
1	Methodology and training systems	33	45
2	Training drills and tests	18	24
3	Special populations (juniors, women, adults, wheelchair, beach, with disabilities)	17	22
4	Tournament and competition, match statistics	6	8

Table 2. The sub-contents of the psychology content.

Rank order	Content group	Nr of articles published	% over the total
1	Drills and training	28	47
2	General	21	36
3	Anticipation and perception	5	8
4	Communication, parents, groups	5	8

Table 3. The sub-contents of the Coaching, training and teaching content groups.

Rank order	Content group	Nr of articles published	% over the total
1	Periodisation, training theory and methods	29	48
2	Physical conditioning training drills	24	41
3	Physical conditioning tests	5	9

Table 4. The sub-contents of the physical conditioning.

Rank order	Content group	Nr of articles published	% over the total
1	Lesson Plans	28	55
2	Play and Stay Case Studies	11	22
3	Mini Tennis	8	16
4	Game Based Approach and ITN	4	8

Table 5. The sub-contents of the mini-tennis, play & stay, ITN content group.

Rank order	Content group	Nr of articles published	% over the total
1	Player Profiling	12	26
2	Planning	12	26
3	Periodisation	11	24
4	Talent ID	11	24

Table 6. The sub-contents of the planning, periodisation and talent id.

Rank order	Content group	Nr of articles published	% over the total
1	BIOMECH and Technology	16	36
2	Stroke Production	14	31
3	Serve	11	24
4	Movement	4	9

Table 7. The sub-contents of the technique and biomechanics.

AUTHORS

Origin

The first authors were analysed to find where the authors were situated worldwide. From the sample of 506 articles over the past 17 years, 35 countries were represented by a first author. Of these 35 countries the following were the top most frequently published as summarised in table 8.

COUNTRY	FREQUENC Y
USA	80
UK	56
Australia	45
Spain	39
France	30
Canada	27
Holland	21
Germany	17
Ireland	13
Chile	12

Table 8. Articles by nationality of first author.

### Number of author collaborations

The number of solo articles and group collaboration articles were also analysed and the results show that 315 articles (64%) were authored by one individual, 101 were authored by two or more contributors (20%), and the remaining 75 were submitted by federations or national associations and not individuals (16%).

### Recourant authors

The ITF coaching department has been lucky to have an outstanding quality of authors and many have published more than one article. The following table 9 is a list of the most published authors throughout the history of the CSSR.

AUTHOR	FREQUENC Y
Miguel Crespo PhD.	27
Paul Roetert PhD.	16
Dr. Babette Pluim PhD.	15
Joseph Brabenec	13
Janet Young PhD.	11
Miguel Miranda	8
Machar Reid PhD.	8
Piotr Unierzyski PhD.	8
Howard Brody PhD.	7
Paul Dent	7

Table 9. Author appearance frequency.

## CONCLUSIONS

The purpose of this article has been to analyse the contents and authors that have contributed with articles to the 50 issues of the ITF Coaching and Sport Science Review, the ITF Official Coaching and Sport Science Publication. From the data that have been provided a wide variety of contents and sub-contents in published articles has been shown. An adequate combination of sport science and practical on-court applied articles have been included throughout these 17 years. A wider worldwide participation, which would include authors from more than 35 countries, is sought.

### RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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