



# Editorial

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Welcome to issue 79 of the ITF Coaching and Sport Science Review. This issue covers a range of aspects in the game including energy demands for different surfaces, the transition to the yellow ball, aerobic fitness training, the commitment of pro players, the influence of height and service performance, variability in technique, and more.

The 21<sup>st</sup> ITF Worldwide Coaches Conference by BNP Paribas took place in Bangkok, Thailand from 25-27 October 2019 at the Berkeley Hotel, Pratunam where a state-of-the-art real clay court was constructed, courtesy of Viganò Pavitex. Speakers included Mary Pierce, Emilio Sánchez, Erik Winogradsky, Beni Linder, Merlin van de Braam, Jo Ward, Li Chen, Michael Ebert, Craig O'Shannessy, and many more. Almost 600 coaches from over 110 countries were in attendance, making this edition one of the most successful to date. The conference theme 'Maximising the player's journey: the coach as a facilitator and team leader' saw speakers present on several topics, giving insight into the most recent tennis coaching methods and knowledge. Craig O'Shannessy, Emilio Sanchez, Mary Pierce and Beni Linder particularly captivated the crowd with sessions on: deep analysis of tactics in coaching; skills and drills from the ASC Academy; the future of women's tennis and, physical conditioning. 2020 will welcome back the ITF Regional Coaches Conferences series. Information on registration will be published in due course.

On the Participation front, following the success of the 2<sup>nd</sup> ITF Worldwide Participation Conference in July, organisation for the 2020 edition of the ITF Worldwide Participation Conference is underway and further details will be shared over the coming months. The presentations from both the 2019 and 2018 editions can be found at [www.itf-academy.com](http://www.itf-academy.com). The ITF has also just published the Global Tennis Report 2019, the largest survey of worldwide tennis participation and performance ever undertaken in the sport. The report contains data gathered from 195 tennis nations to give a game-changing insight into the global tennis landscape. Both global and national findings are presented in the report, facilitating analysis of global and regional trends. The Global Tennis Report 2019 can be accessed from the ITF Ebooks App, downloadable from Google and Apple App Stores. 150 publications are now available on the ITF Ebooks App across 7 languages.

During the ITF Worldwide Participation Conference 2019, the ITF officially announced the launch of the ITF World Tennis Number. This strategic project is to implement a global, level-based tennis rating, designed to enable more matches to be played between players of similar levels, from beginners to professionals. The ITF World Tennis Number will offer a portal to players and national associations to facilitate more and better competition. To date, 23 National Associations and two Regional Associations have shared data with the ITF to help develop a better-quality rating system and player experience. The system and portal are in advanced stages of development and the launch will be announced in due course. More information can be found at [www.worldtennisnumber.com](http://www.worldtennisnumber.com).

The ITF Academy, the ITF's online educational platform, was officially launched in March 2019. The ITF Academy offers online courses which will eventually support the face-to-face delivery of courses, providing an improved blended learning experience. The ITF Academy now also hosts Tennis iCoach and all the content from the soon to be discontinued [www.tenniscoach.com](http://www.tenniscoach.com) is now available at [www.itf-academy.com](http://www.itf-academy.com). Presentations from the recent ITF Worldwide Coaches Conference held in Bangkok are already available with more presentations available over the coming weeks. To date there are a total of 9 courses in English on the ITF Academy, some of which are also available in Spanish and French, and with many more on the way. [Click here](#) to register for the ITF Academy.

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 79th edition of the ITF Coaching and Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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