



Editorial

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Welcome to issue 78 of the ITF Coaching and Sport Science Review. This issue covers a range of aspects in the game including: perfectionism, the return in the women's game, developing rhythm, the energy expenditure between players of different game styles, and many more. The review also features the 2018 ITF State of the Game Report, an analysis of technical and tactical developments in the top flight of the game.

Following its inaugural success in 2018, the 2nd ITF Worldwide Participation Conference was held on 7-8 July 2019 at Chelsea FC's Stamford Bridge Football Stadium in London, United Kingdom. More than 200 delegates from the sporting world were in attendance, and the topics were broad and wide-ranging: how data and measuring insight can be utilised, key drivers for growing participation, strategies for improving retention rates, how technology and esports can be harnessed in the quest to boost physical activity and how more women can be attracted to sport. 34 speakers presented across 11 different sessions including a keynote presentation from Tennis legend Billie Jean King, who was recently announced as the first Fed Cup global ambassador, and who provided a rousing conclusion to the opening day, offering her observations on boosting participation rates. Presentations are being currently published on the ITF Academy..

During the ITF Worldwide Participation Conference 2019, the ITF announced the 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 project is being chaired by an ITF steering committee composed of executives from the ITF, the LTA, la Fédération Française de Tennis, and the United States Tennis Association. Representatives from these associations presented about their collaboration with and future implementation of the project. More information can be found at www.worldtennisnumber.com.

The 21st ITF Worldwide Coaches Conference by BNP Paribas will take place in Bangkok, Thailand from 25-27 October 2019. Confirmed speakers include Mary Pierce, Emilio Sánchez, Mark Woodforde, Erik Winogradsky, Beni Linder, Merlin van de Braam, Jo Ward, Li Chen, Michael Ebert, Craig O'Shannessy, and many more. Over 30 speakers from around 20 nations will present at the conference, and on the final day, an interactive session will be held where delegates can put their questions to the speakers face-to-face. Registration will close in September. Please click [here](#) to find out more.

The ITF Academy, the ITF's online educational platform, was officially launched in March 2019. All the content from Tennis iCoach has been migrated to the ITF Academy which will now be the new home for the Tennis iCoach library. 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 is available to all ITF member nations as well as individual coaches. To date there are a total of 8 courses in English on the ITF Academy, some of which are also available in Spanish and French. 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 77th edition of the ITF Coaching and Sport Science Review.

RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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