

International Tennis Federation Tennis Development Department

ITF Monthly E-Mail Newsletter for Coaches, Year 11, Issue 1, January 2010

The ITF Development / Coaching Department is pleased to welcome you to the January edition of its ITF Monthly E-mail Newsletter.

In an effort to keep you informed and updated on ITF coaching matters worldwide, in this issue of the newsletter you will find:

- **Development Events**
- **New Issue 49 ITF Coaching and Sport Science Review**
- **New Technique Development in Tennis Stroke Production**
- **Cursos para entrenadores en Sudamérica**
- **Coaching Courses in the Caribbean**
- **Coaching Courses in Europe**
- **News from other National Associations**

DEVELOPMENT EVENTS

- **11 al 19 de enero**
Curso Nacional de Nivel 1 - Quito, Ecuador
- **29 January - 7 February**
ITF/OS Level 1 Coaches Course - Nouakchott, Mauritania
- **15 al 26 de febrero**
Curso Nacional de Nivel 2 - Cali, Colombia

COACHING & SPORT SCIENCE REVIEW - ISSUE 49 DECEMBER

Editorial

Welcome to issue 53 of the ITF Coaching & Sport Science Review. This 50th and final issue of 2009 is indeed a special one for it signals the end of the Review in its current hard copy format. The last three years has seen the Review produced and physically delivered to some 3,000 coaches worldwide, however, its integration into www.iftennis.com/coaching has enabled more than three times that number of coaches to access each issue in an electronic, PDF format. With the recent revamp of our ITF Coaching website, access to the current as well as back-Cover issues has become streamlined and is anticipated to become more and more user friendly with the planned addition of a review search option.

In the final four months of this year, some of our readers attended our Regional Coaches' Workshops, which were held in conjunction with the Regional Tennis Associations. In Santo Domingo, Dominican Republic, approximately 90 coaches representing 33 countries from the region participated in the Central American and Caribbean Coaches' Workshop. Tennis Europe, together with the Maltese Tennis Association, organised its annual Coaches' Symposium in Malta, with its high level European coaches representing 33 countries in attendance. The Asian Coaches' Workshop was held during the second week of October in New Delhi, India. One hundred and forty coaches from 19 nations took part.

In South America, close to 200 coaches from all South American countries attended the information we offer during the South American Workshop held in Asunción, Paraguay. Almost 90 coaches representing 17 countries also attended the African Coaches' Workshop held in Pretoria at the High Performance Centre.

In Summing, 2009, saw close to 400 coaches from 90 countries attend an ITF Regional Coaches' Workshop. These biennial events provide a forum for coaches to gather together to discuss specific issues related to coaching in their regions as well as an opportunity to access modern trends in tennis science and pedagogy. We hope that those of you who attended a 2009 Regional Coaches' Workshop found it to be beneficial for you in your coaching.

Finally, we would like to take this opportunity to thank the contributing ITF Workshop experts, and at the same time, recognise our colleagues who continue to assist the ITF with our Coach Education programme. As always, we welcome your comments on any of the information published in the Review and look forward to all of you continuing to contribute to future issues of the Review on our website.

We hope you enjoy the 53rd issue of ITF Coaching Sport & Science Review.



The homepage of the ITF Coaching website.


 Steve Wiley
 Executive Director,
 Tennis Development


 Miguel Casero
 Research Officer,
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 Macher Reid
 Assistant Research Officer,
 Tennis Development

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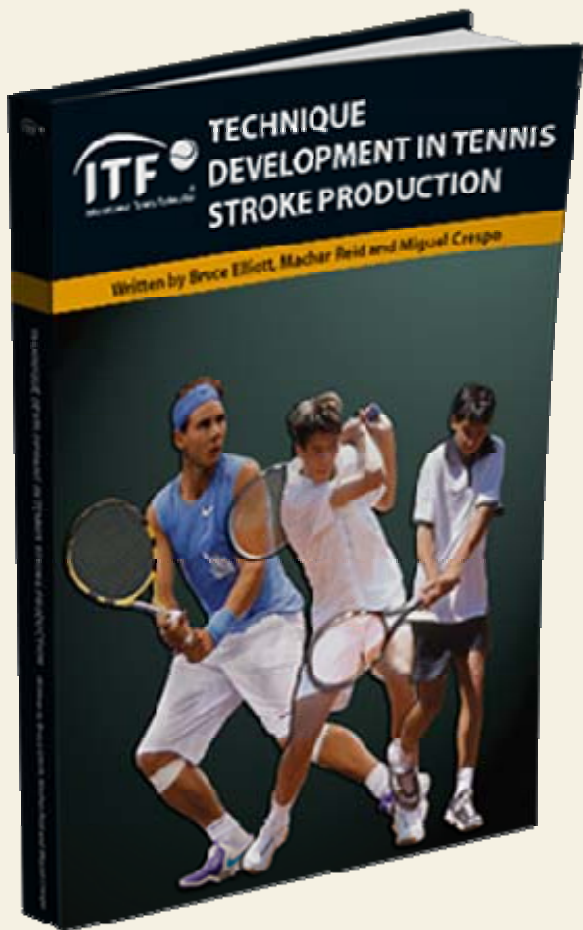
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3	MATCH ANALYSIS AND EVALUATION	Isma Molina (ITF)
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7	SUGGESTIONS FOR DESIGNING A TENNIS-SPECIFIC STRENGTH AND CONDITIONING PROGRAM	Adrian Farcas, Alan Pearce & David Fisher (AUS)
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- Welcome to issue 49 of the ITF Coaching and Sport Science Review, which is the final edition for 2009.
- Bienvenidos a la edición número 49 de la Revista de Entrenamiento y Ciencias del Deporte de la ITF, última edición del año 2009.
- Soyez les bienvenus à l'édition N° 49 de la Revue de l'Entraînement et des Sciences du Sport de l'ITF, dernière édition de l'an 2009.

[Click here for Issue 49](#)

NEW TECHNIQUE DEVELOPMENT IN TENNIS STROKE PRODUCTION



The ITF TECHNIQUE DEVELOPMENT IN TENNIS STROKE PRODUCTION aims to outline the mechanical basis of stroke development from a scientific perspective. What science tells us about stroke production in relation to player development, not opinions, forms the basis for understanding stroke structure over various developmental stages. This is one of the resources that form part of the ITF Coaches Education Programme, which is currently being used in over 80 of the ITF's member nations. Complete with practical examples and theoretical information, this ITF publication reflects the ITF's ongoing role in making available the most up-to date tennis specific training information to players and coaches worldwide.

- "Again, great book and excellent cover, as in the "Biomechanics of Advanced Tennis". Well done!"
David Ferrer, Davis Cup Champion.

- "Developing sound technical fundamentals among young players is a crucial test for great coaches. This book will help more coaches pass that test."
Javier Piles, coach of Davis Cup Champion David Ferrer.

- "This is a fantastic follow-up to the first Biomechanics book. It builds on some of the concepts that the authors mention in that first book and then discusses others that are very applicable to the development of young players".
Ivan Molina, former Grand Slam Mixed Doubles Champion.

- "Harnessing the physical growth of players as part of their technical development has long represented what we describe as the art of coaching. This book goes closer than any before it in helping coaches to

shape their coaching practices to make the most of a player's physical advance. A must read."
Lluís Bruguera, Coach and parent of a multiple Grand Slam Champion.

- "The world's best coaches are beginning to pay attention to the science of tennis. Three top researchers have put together this book to help young players maximize performance sooner. All tennis coaches who want to succeed should have this book. Just reading it will give you the same thrill as watching your students succeed at a higher level."
Vic Braden, psychologist and tennis coach.

[Click here for ITF TECHNIQUE DEVELOPMENT IN TENNIS STROKE PRODUCTION](#)

CURSOS PARA ENTRENADORES EN SUDAMÉRICA

Curso Regional de Nivel 3 se celebra en Itajaí, Brasil



Gracias a los fondos de Solidaridad Olímpica y con la asistencia de 15 entrenadores de todos los países de Sudamérica, incluidos 6 de Brasil, el pasado Martes 24 de Noviembre terminó la primera parte, de esta primera versión en español, y en Sudamérica, del Curso de Nivel 3 de ITF cuyos tutores fueron Miguel Crespo y Machar Reid.

Este evento tuvo lugar en las instalaciones del Club Itamirim de la ciudad de Itajaí en el estado de Santa Catarina, Brasil.

En la primera etapa fueron trabajados los módulos de Biomecánica, Táctica y Metodología, finalizando la misma con dos exámenes escritos, uno correspondiente a cada uno de los temas. En la tarde, y aprovechando la gran colaboración de los jugadores de la Academia del Club que dirigen Iván Kley y Patricio Arnolds, se han efectuado los exámenes prácticos, también centrados en los aspectos arriba mencionados.

El miércoles fue un día descanso, para continuar hasta el 1 de Diciembre con Psicología, Preparación Física y Planificación.

[Por mas Informacion haga click aqui](#)

Curso de Nivel 1 se celebra en Quito



Del 11 al 19 de Enero del 2010 se está realizando en Quito, Ecuador, un curso de Nivel 1 organizado por la Asociación de Tenis de Campo de Pichincha como filial de la Concentración Deportiva de Pichincha, la Federación de Tenis de Ecuador (FET) y con la certificación de COSAT. El Tutor ITF es el Profesor Richard González de Uruguay.

El Curso se desarrolla en las excelentes instalaciones del centro de tenis de la Concentración Deportiva de Pichincha. La coordinación está a cargo de Patricia Aguirre, asistente de Presidencia.

Debemos destacar la excelente difusión del curso que ha convocado a entrenadores de 6 ciudades del país (Quito, Guayaquil, Cuenca, Machala y Santo Domingo).

Los primeros dos días del curso fue abierto para 20 entrenadores más, que participaron del curso de Play Tennis, sumándose a los 24 que realizan el curso de Nivel 1. Al final del segundo día, se hizo entrega de certificados de asistencia por parte del Sr. Esteban Casares, Presidente de la Asociación de Tenis de Pichincha.

Destacamos en este curso, la entrega del nuevo manual de Nivel 1 de la ITF.

[Por mas Informacion haga click aqui](#)

COACHING COURSES IN THE CARIBBEAN

A positive start to the Play and Stay Campaign in the English speaking Caribbean



Coaches and administrators from eleven Caribbean nations participated in the first Play Tennis Tutors Course and Play Tennis Course in the region, which was held in Antigua and Barbuda from 20 - 25 November with the support of Olympic Solidarity and the ITF.

The course was conducted by Ronald Pothuizen (NED) and Anthony Jeremiah, ITF Development Officer for the English speaking Caribbean. Over the first three days, fifteen coaches were trained in order to be able to conduct Play Tennis Courses in their own countries and to this end, they put their newly learnt skills into practice by conducting a Play Tennis course to physical education teachers and coaches from Antigua and Barbuda during the final three days.

Anthony Jeremiah commented, "During the course many barriers were broken, as perceptions were changed regarding using the modified balls so that players can serve, rally and score from their first game."

"During the six days of the course, a big group of enthusiastic tutors, PE teachers and coaches was built. In the coming years this group will have a big impact on starter programmes for juniors and adults throughout the Caribbean and in my opinion, this was a great start and it would be great for local authorities, Federations and NOCs to assist in funding the programmes in the coming years," remarked Ronald Pothuizen.

COACHING COURSES IN EUROPE

Andrew Mailtorok - Valencia ITF Coaching Advanced Players Course



Once I got to Valencia I met with all the other scholarship coaches and settled into my room. I met with Miguel Crespo, Scott Over, and Felipe Rico. Miguel got me sorted out with my course books and gave me a laptop with all the slides that I have to study. Most days we go to Miguel's office about 4:30 in the afternoons to study till 8 pm. For me it is great to study together with the coaches. Miguel and Scott are there to verify doubts that I may have with some of the difficult questions. I have discovered that I learn and understand more when there is discussion of the questions with all the coaches and we explain our point of views and experiences.

[Click here for entire article](#)

OS Level 3 in Valencia- Suwit Pinyotanmakorn



For one and half months in Spain (Valencia) it is very difficult to write all I have do but these are what I would like you to know, what I have enjoyed during the time I have been here.

- Here you have an Ocean of Knowledge, the more experience and effort you have the more knowledge you can get it back during your time here.
- Here you have the ITF Coaching Office with great people working hard.
- Tennis Val - one of the great Tennis Academy with great people working hard with the top players.
- The chance to learn and get experiences in many areas of coaching and of course life.
- Friendly professionals who have lot of great experiences and willing to share, you just watching, talking and asking them!
- We went to the ITF Worldwide Coaches Conference 2009 where a lot of Great Speakers come to share their experiences to the coaches from around the world!
- "I'm very proud to get the chance from the Olympic Solidarity and ITF to have the great experience here"

[Click here for entire article](#)

La aventura apenas empieza

Es un poco complicado hacer un comentario acerca de lo que fue el curso de nivel 3 porque encierra muchas experiencias que serán de mucho beneficio no solo a nivel personal sino para poder compartir con todos los colegas de mi país, yo creo que las palabras que serian más convenientes a utilizar serian, muchas gracias, ya que sencillamente agradezco inmensamente ese tiempo que se han tomado en poder compartir toda la información no solo conmigo sino con los colegas de los diferentes países que son desde ya amigos inseparables en la distancia.

[Por mas Información haga click aqui](#)

NEWS FROM NATIONAL ASSOCIATIONS AND OTHER ORGANISATIONS

USTA High Performance Coaching Newsletters

If you are interested in receiving the USTA High performance coaching newsletter click the following link www.usta.com/hpcnewsletter.

LINKS

ITF Coaching:<http://www.itftennis.com/coaching/>

ITN:<http://www.itftennis.com/itn/>

ITF Development:<http://www.itftennis.com/development/>

ITF Tennis...Play and Stay website:<http://www.tennisplayandstay.com>

ITF Tennis iCoach website:<http://www.tennisicoach.com>

ITF Store:<https://store.itftennis.com>

ITF Junior Tennis School:<http://www.itfjuniortennisschool.com/>