



COACHES EDUCATION UPDATE

Miguel Crespo

ITF Development Research Officer



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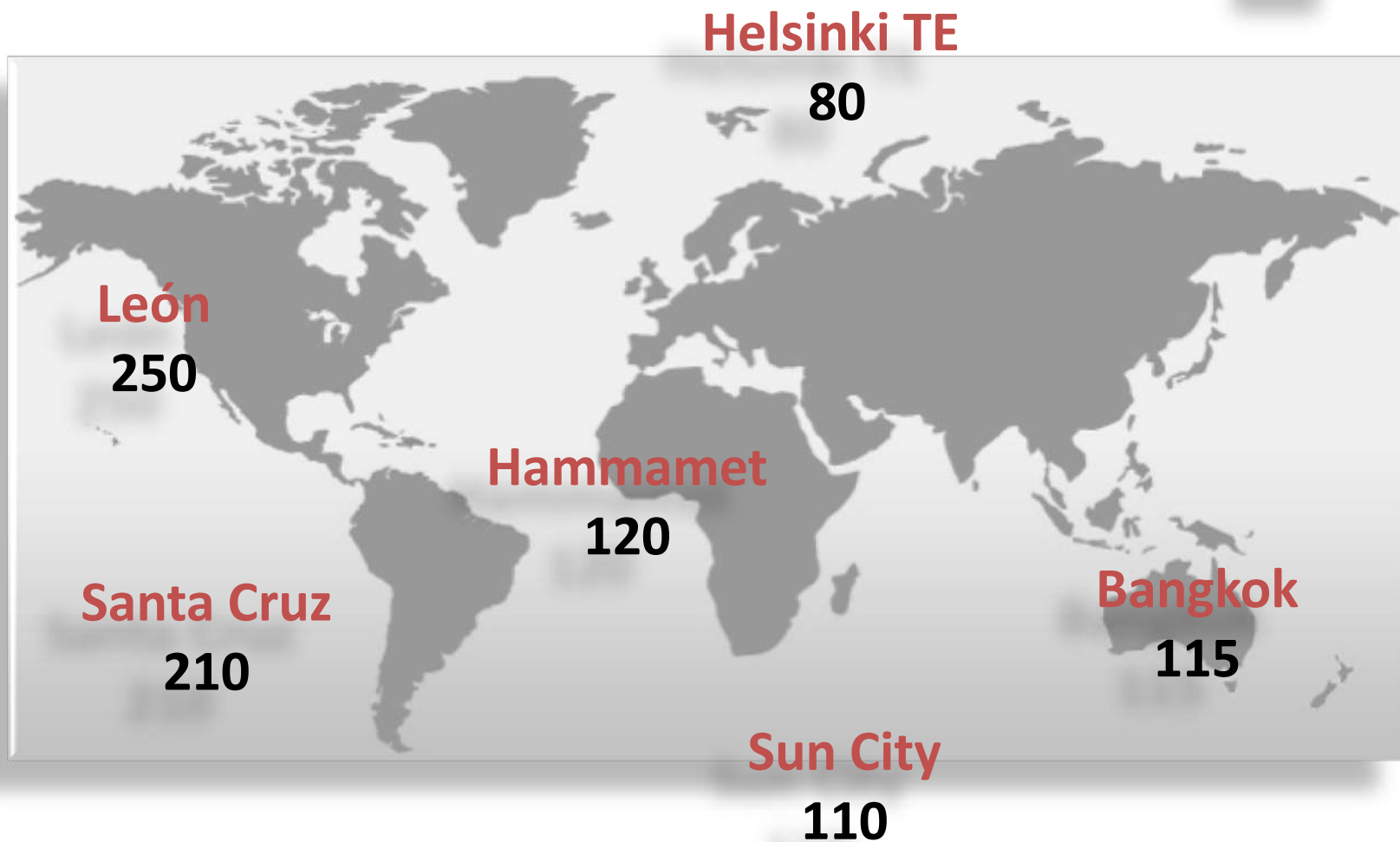


TUTOR TRAINING



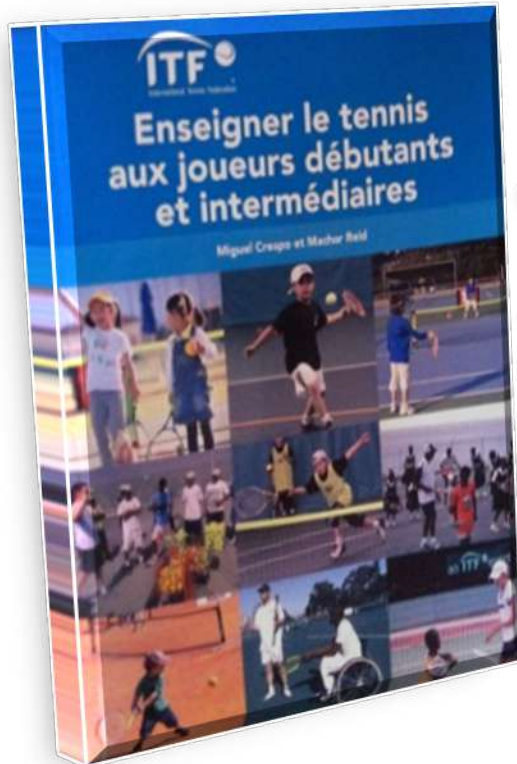


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- 3 **ITF Biomecánica del Tenis Avanzado**
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- 4 **Technique Development in Tennis Stroke Production**
\$20.00
- 5 **Entrenamiento de Tenistas Iniciaentes e Intermedios**
\$30.00

Seleccionar idioma

ITF

El Departamento de Desarrollo / Entrenamiento de la ITF se complace en poner a la venta una amplia selección de publicaciones de entrenamiento y desarrollo para entrenadores de tenis. Estas publicaciones están dirigidas a entrenadores que trabajan con jugadores de todos niveles y proporcionan información para mejorar las sesiones de entrenamiento y el juego de los jugadores.

Lista de artículos por marca

Entrenamiento de Tenistas Iniciaentes e Intermedios
Este libro forma parte del Curso de la ITF para Entrenadores de Jugadores Iniciaentes e Intermedios (antiguo Nivel 1).
\$30.00 *€19.27 *€22.58 [*Aproximadamente](#)

Technique Development in Tennis Stroke Production
Este libro (de 162 páginas) intenta explicar las bases mecánicas del desarrollo de los golpes desde una perspectiva científica.
\$20.00 *€12.85 *€15.06 [*Aproximadamente](#)

Play Tennis Manual
Escrito por Mark Tennant, el Manual Play Tennis ayuda a los entrenadores y profesores a enseñar a jugar al tenis de forma adecuada a jugadores iniciaentes de todas las edades, utilizando pelotas lentas y canchas pequeñas.
\$15.00 *€9.64 *€11.29 [*Aproximadamente](#)

Psicología del Tenis
Escrito por Miguel Crespo, Machar Reid y Ann Quinn, la publicación de la ITF Psicología del Tenis trata los temas más importantes relacionados con el aspecto mental del tenis.
\$30.00 *€19.27 *€22.58 [*Aproximadamente](#)

ITF Biomecánica del Tenis Avanzado
Editado por Bruce Elliott, Machar Reid y Miguel Crespo, este libro cuenta con las contribuciones de algunos de los especialistas en biomecánica del tenis más importantes del mundo así como de entrenadores de tenis y preparadores físicos.
\$25.00 *€16.05 *€18.82 [*Aproximadamente](#)

ITF Fuerza y Condición Física para el Tenis
Este libro cuenta con contribuciones de algunos de los

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Language: EN ES

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[ITF Coaches Commission meet in Paris](#)
The ITF Coaches Commission met at Roland Garros on Sunday 2nd June, chaired by Ismail El Shalhi (Egypt / ITF Board of Directors).

COACHING RESOURCES

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LATEST NEWS

OS Coaches Visit Juan Carlos Ferrero Academy
The following report was compiled by OS coach Moustafa Naim,...

ITF Level 3 Coaching Report
From 1st of July to 11th of August this past summer I had the...

Malawi hosts Level 1 Coaches Course
The ITF Coaching Beginner & Intermediate Players Course (Level...

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RESEARCH

©Journal of Sports Science and Medicine (2013) 12, 000-000
<http://www.jssm.org>

Review article

Mechanics and Learning Practices Associated with the Tennis Forehand: A Review

Machar Reid^{1,2}, Bruce Elliott² and Miguel Crespo³✉

¹ Sport Science and Medicine Unit, Tennis Australia, Australia; ² School of Sport science, Exercise and Health, The University of Western Australia, Australia; ³ Development Department, International Tennis Federation, Spain

Sports Biomechanics, 2013
<http://dx.doi.org/10.1080/14763141.2013.765906>



Supination control increases performance in sideward cutting movements in tennis

SALVADOR LLANA-BELLOCH¹, C. SORIANO¹, ANA C. GARCÍA-BEL

¹Department of Sport and Physical Education, Un
Biomechanics of Valencia, Polytechnic University of
Department, International Tennis Federation, Valencia

Journal of Sports Sciences, March 1st 2011; 29(5): 485-494

The Hit & Turn Tennis Test: An acoustically controlled endurance test for tennis players

ALEXANDER FERRAUTI, VANESSA KINNER, & JAIME FERNANDEZ-FERNANDEZ
Department of Coaching Science, Faculty of Sports Science, Ruhr Universität Bochum, Bochum, Germany



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RESEARCH

Be aware of potential traps in strategy

Janet A Young (Victoria University, Australia)
ITF Coaching and Sport Science Review 2012; 56 (20): 6 - 8

ABSTRACT
To develop and implement an effective strategy is an on-going challenge for tennis players each time they compete. This article reviews common traps and key elements in strategy, including lack of ownership, over-confidence and inflexibility. Suggestions for coaches to help guide players to develop sound strategic skills are offered.

The New York Times

June 21, 2013

The One-Handed Backhand's Vanishing Act

By CHRISTOPHER CLAREY

With another Wimbledon fast approaching, let's first settle the issue of extinction by reassuring tennis connoisseurs everywhere that there will always be one-handed backhands — one-handed *slice* backhands.

Coaches Corner

Raquel Crespo

Tennis 2011;16(1):

Abstract

This article presents a review of the research conducted in some of the areas that define the process of skill acquisition in tennis. Special attention is given to aspects related to the coach role in this process such as leadership behaviors and communication strategies. Relationships between leadership styles, preferred and perceived leadership behaviors and their influence in player satisfaction and performance are discussed. Different types of communication strategies and their effectiveness in the game of tennis are presented.

Position in tennis: the Role of the Coach Leadership and communication"

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The ITF

Recognition of Coach Education Systems of National Associations





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Calendar / Schedule	Yellow	Grey	White
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- **GREAT BRITAIN**
- **FINLAND**
- **IRELAND**
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- **THE NETHERLANDS**



Case Studies

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- **BRASIL**



How can the ITF help nations to get the ITF Recognition?

The ITF can help participating countries in a number of ways including:

- Regular visits by ITF Development Officer/ITF expert to advise.
- Use of the ITF approved syllabi and the supporting materials.
- Grants to translate materials into the local language.
- ITF experts to conduct courses using ITF syllabi and/or to train local tutors.
- ITF Tutor courses at Play Tennis and Level 1.
- ITF Director of Coach Education course.
- Discounted iCoach membership to help coaches with continuous education.
- ITF and OS funding for courses and coach education.



How can the ITF help nations to get the ITF Recognition?

Benefits of ITF Approval:

- Confirmation of quality.
- External evaluation/feedback to help improve what is in place.
- Use of the ITF logo on the certificates of the Federation.
- Helps to attract funding from Government and Olympic Committee.
- Less expense as local tutors can conduct the courses.

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Play&Stay

Tennis101

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Gender and surface effect on elite tennis strategy



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Result > Technical > Forehand

Prev 1 2 3 4 5 Next

Jo Wilfried Tsonga's forehand
This sequence shows a semi-open stance forehand drive.

Juan Carlos Ferrero's open stance forehand
Juan Carlos moving to a forehand on clay. Pay attention to the small...

Forehand technique development from beginners to advanced (Part 2)
This presentation looks at forehand technique and development. The...

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This presentation looks at forehand technique and development. The...

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Bruce Elliot

Professor Bruce C. Elliott (PhD, FACHPER, FISBS, FAAKPE) was the senior biomechanist and Head of...



Carl Maes

Carl is one of the most experienced and respected coaches of female tennis players in the world....



Albert Costa

Costa won his first top-level singles title in 1995 at Kitzbühel. He won three further titles in...



Hans Peter Born

Hans Peter Born has been the National Tennis Head Coach of the German Tennis Federation (DTB)...

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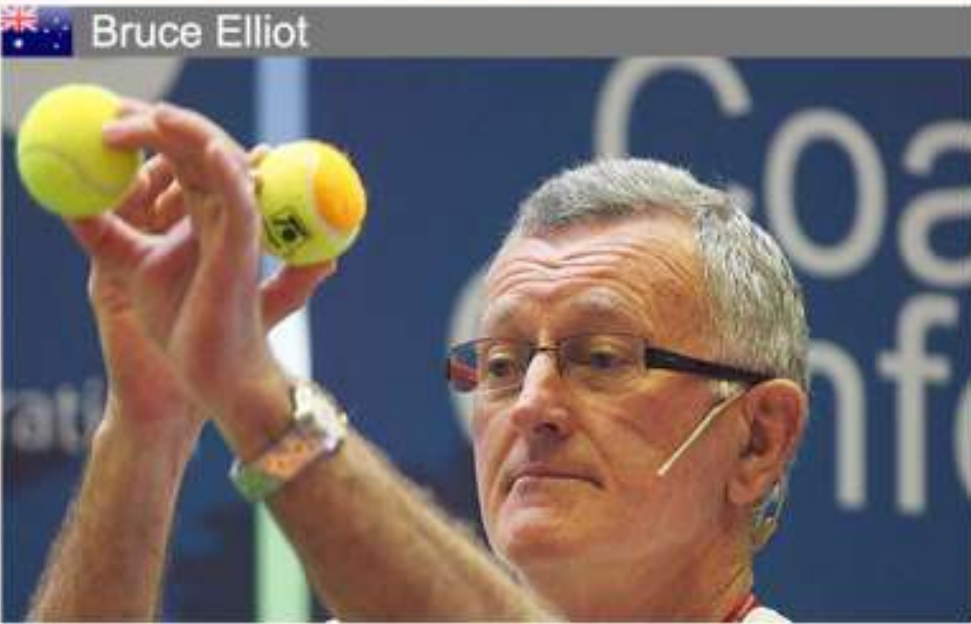
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 **Bruce Elliot**

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Biography Contributions

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Content category: Technical, Physical, Tactical, Mental, Medical, Player, Coach, Parent

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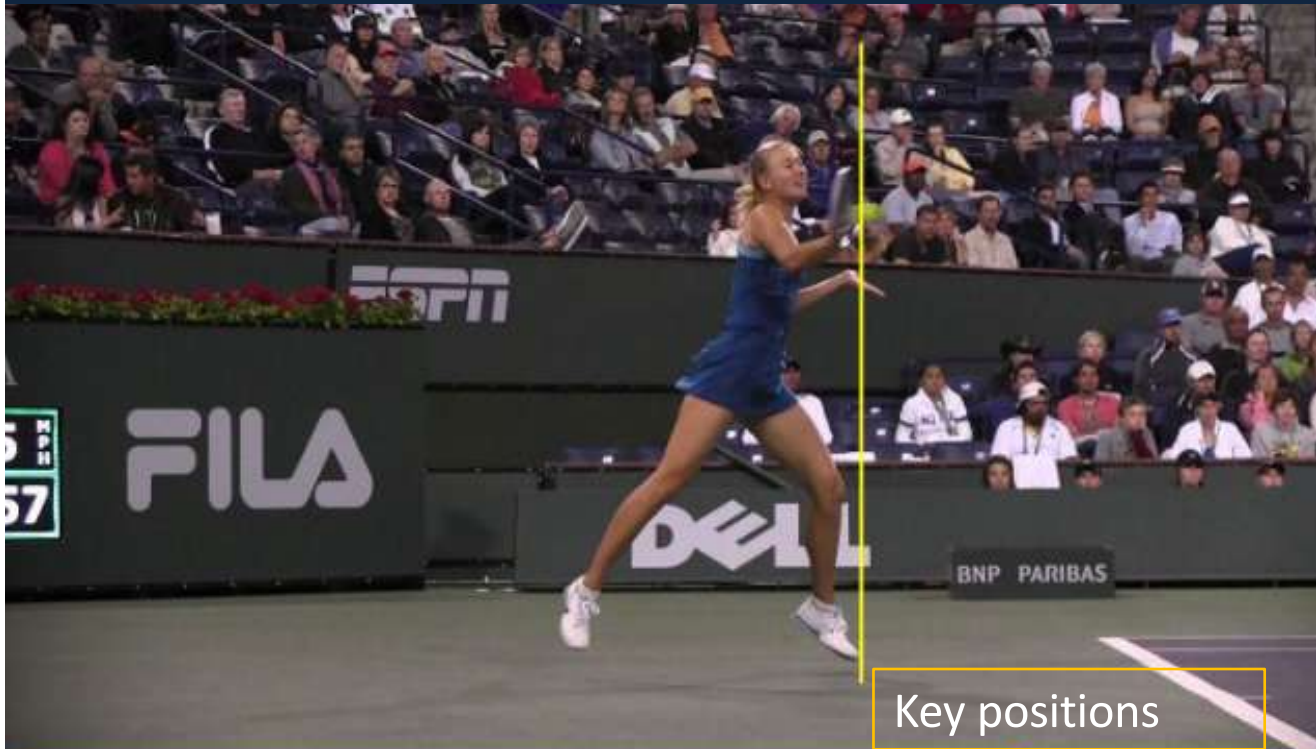
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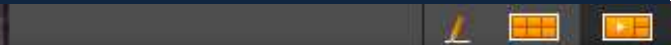
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Maria Sharapova Forehand

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Roger Federer Serve

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General Comments:

Sound preparation culminates in effective use of the Kinetic Chain. Energy transferred from the ground up to contact will often force the player off the ground. Even though you do not actually see the ball making contact (a player is considered "legally blind" when the ball is 6 – 10 feet out), tracking the ball helps to keep the head still, ensuring dynamic balance.

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In video

Maria Sharapova Forehand

Keywords

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CONTENT- Tactical tutorials



Attacking the second serve

iFormation: How to counter

