



## Editorial

Welcome to issue 29 of the ITF Coaching & Sport Science Review – the first issue of 2003.

Earlier this year at the Australian Open, the ITF launched a new initiative to the world of tennis...an International Tennis Rating System. The system will be known as the ITF International Tennis Number or simply 'ITN' for short. It is hoped that in a relatively short period of time, all tennis players will be allocated an ITN between one and ten and that this number will correspond to their general level of competitive play.

This issue of the Review outlines how the ITN has been developed in conjunction with experts from some of the leading tennis nations and explains how the ITF believe it can be used by its member nations to increase participation in tennis across the globe.

We have included contributions from the members of The ITF International Tennis Ratings Taskforce in an attempt to produce a resource, which will be useful for coaches, players, officials, managers, fans, etc. We hope that this information is not only of interest to readers but also of considerable benefit in achieving the common goal of increasing tennis participation and competition worldwide.

We would like to take this opportunity to thank to all of the experts from The ITF International Tennis Ratings Taskforce: Peter Johnston (Tennis Australia), Martin Reiter (Tennis Austria), Allard Elema (Dutch Tennis Federation - KNLTB), Jean-Francois Magne (French Tennis Federation - FFT), Wolfgang Burkhardt (German Tennis Federation - DTB), Martin Rands (Lawn Tennis Association of Great Britain - LTA), David Schobel (United States Tennis Association - USTA), and Frank Couraud (ITF) for their invaluable help throughout the Ratings project and for their contribution to this issue.

For more information on the ITF International Tennis Number readers are referred to [www.internationaltennisnumber.com](http://www.internationaltennisnumber.com)

The highlight of the ITF's coach education programme is the ITF Worldwide Coaches Workshop. We know that many of our readers have attended previous workshops and will therefore be interested to know that the 13<sup>th</sup> edition is due to be held later this year in Vilamoura, Portugal. The dates for the event, which will be coordinated in conjunction with Tennis Europe and the Portuguese Tennis Federation, are Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> October. We will include a tentative programme of the Workshop in issue 30 of the Review. Confirmed speakers thus far include: Jordi Arrese (ESP), Louis Cayer (CAN), Paul Dent (GBR), Prof. Bruce Elliott (AUS), Gabriel Jaramillo (USA), Daria Kopsic (ARG), Dr. Paul Lubbers (USA), Dr. Stuart Miller (ITF), Cathy Ortega (WTA), Dr. Babette Pluim (NET), Ivo van Aken (BEL), Machar Reid (ITF), Emilio Sánchez Vicario (ESP), Dr. Paul Roetert (USA), Richard Schonborn (GER) and Dr. Karl Weber (GER).



Geoff Pollard, President of Tennis Australia (left), Francesco Ricci-Bitti, ITF President (centre), and Dave Miley, ITF Executive Director of Development (right) during the launching of the ITN at the Australian Open 2003.

Dave Miley  
Executive Director, Tennis Development

In producing ITF Coaching & Sport Science Review, we hope that the articles continue to stimulate a healthy dialogue among coaches. As always, we welcome your comments on any of the information published in the Review. Similarly, if you have any material that you believe would be of interest to our readership, please forward it to us for consideration.

Finally we would like to remind all of you that ITF Coaching Sport & Science Review is available in the "Coaches News" section of the ITF website, [www.itftennis.com](http://www.itftennis.com). We hope you enjoy issue 29.

Miguel Crespo  
Research Officer, Development

## Contents

- 2 **MARKETING THE GAME – THE DRIVE FOR GROWTH**  
The ITF International Tennis Ratings Taskforce
- 3 **WHAT IS THE ITN?**  
The ITF International Tennis Ratings Taskforce
- 4 **ITN DESCRIPTION OF STANDARD**  
The ITF International Tennis Ratings Taskforce
- 6 **HOW THE ITN WORKS**  
The ITF International Tennis Ratings Taskforce
- 7 **ITN COMPARISON CHART**  
The ITF International Tennis Ratings Taskforce
- 8 **OTHER ITN ISSUES**  
The ITF International Tennis Ratings Taskforce
- M*  
*i*  
*n*  
*i*  
*T*  
*e*  
*n*  
*n*  
*i*  
*s* **RECOMMENDING TENNIS EQUIPMENT**  
Luc Vesseaux (France)
- ITF SCHOOL TENNIS INITIATIVE**  
**EXAMPLES OF TENNIS LESSONS AT SCHOOL**
- 14 **LETTER TO THE EDITOR**  
Scott Biron (USA)
- 14 **RECOMMENDED BOOKS AND VIDEOS**
- 16 **13th ITF WORLDWIDE COACHES WORKSHOP ANNOUNCEMENT**

# Marketing the Game – the Drive for Growth

By The ITF International Tennis Ratings Taskforce

In 1997, the ITF began a long-term international marketing research project to ascertain participation trends and attitudes to the game of tennis. The research showed that tennis continues to grow in the vast majority of ITF member nations. However, some concerns in the more mature tennis nations were highlighted.

Building on this three-year research, the ITF developed a series of activities that focused on increasing tennis participation and growth of the game. These involved a number of key partners who influence and contribute to the game's growth:

- national and regional associations;
- leading players;
- the tennis industry;
- sports marketing and communication experts;
- development directors of the respective tennis organisations.

Upon completing this research, a decision was subsequently made to organise the 'Marketing the Game' Summit in September 2000. The top (most mature) tennis nations together with the ATP, WTA Tour and other constituents of the game met with the ITF to discuss how best to market the game of tennis and increase participation, whether it be the number of:

- players coming into the game;
- spectators and followers of the game;
- purchasers of tennis related material.

Following this summit, a decision was taken to implement a number of projects including the development of an

international tennis rating system.

In early 2001, the ITF established the International Tennis Rating Taskforce with its overall mission statement being:

***'To create, utilise and promote an international tennis rating system that will help grow all levels of competitive tennis participation worldwide.'***

This Taskforce consists of experts in competition and rating systems from some of the world's leading tennis nations and is chaired and co-ordinated by ITF Executive Director of Development, Dave Miley.

## **The objectives of the ITF International Tennis Rating System**

The International Tennis Rating System will provide a method of classifying skill levels of tennis players globally which in turn can help:

- encourage more playing of tennis;
- unite tennis under a common rating language;
- encourage national associations to implement a tennis rating system in their own country;
- promote a variety of tennis competition formats, which are linked to the tennis rating system;
- provide a larger number of options for finding compatible playing partners and therefore more enjoyable competitive play;
- facilitate the movement of all levels of players between countries.

It is believed that current tennis rating systems linked to a country's competitive structure have played a crucial part in increasing the number of people playing tennis.

For example, in the Netherlands where a national rating system linked to the competitive structure has been in place for many years now, over 5% of the population are registered fee paying members of the Dutch Tennis Federation (KNLTB).

## **What is a rating and how does it differ from a ranking?**

A **rating** is a description of standard that is used to determine the general competitive level of a player. It groups



players of a similar level together within a category. The most prominent example of a global rating in sport is the golf handicap. The relative level of players within each category is not determined by the rating system. This is the job of a ranking system.

A **ranking** is a more accurate estimate of the relative standard of players, based upon specific tournament results or competitions. A ranking is a comparison of similarly 'rated' players based on results of players within a specific rating category. For example in the proposed ITN 1 rating category (see the Description of Standards chart), ATP / WTA rankings would represent a ranking within this rating category.

Most national associations use rankings that they produce on a regular basis at various levels of their national game. However the ITF estimates that there are less than 20 countries worldwide that have a national rating system.

## **The development of the ITF International Tennis Rating System - the 'ITN'**

Following an initial meeting of the Taskforce in July 2001, a strategy was formulated to develop an international tennis rating system that could be used by national associations which currently have no national rating system, and could also be used in conjunction with those rating systems currently in place in some of the more established tennis nations.

The Taskforce, with the help and advice of a tennis marketing company, decided on a name for the rating system – the ITF International Tennis Number or 'ITN'.



# What is the ITN?

By The ITF International Tennis Ratings Taskforce

The ITN is an international tennis number that represents a player's general level of play. In time it is hoped that all tennis players will have an ITN.

Under this system players will be rated from ITN 1 – ITN 10. ITN 1 represents a high level player (holding an ATP/WTA ranking or of an equivalent playing standard) and ITN 10 is a player who is new to the game.

A 'Description of Standard' has been developed to describe each of the ten rating categories. A concise summary of this Description of Standard is shown below. Approved by the ITF Coaches Commission and the ITF International Tennis Rating Taskforce, it is hoped this guide will enable players to be accurately rated. Whilst trying to make the Description of Standard as precise as possible, the Taskforce has attempted to keep it simple and not too technical.

The intention is that it should be easy to understand and useful for both the player and/or the assessor (coach/administrator). This Description of Standard has also avoided rating players purely on the technical assessment of individual shots. Instead it has used as its basis:

- The general characteristics of various playing levels;
- The five-game/tactical situations of tennis (e.g. serving, returning, both at baseline, approaching, passing) and;
- The game-style of the player.

A concise summary of the ten ITN categories follows:

**ITN 1** This player has had intensive training for national tournament competition at



the junior and senior levels and has extensive professional tournament experience.

Holds or is capable of holding an ATP / WTA ranking and whose major source of income is through tournament prize money.

**ITN 2** This player has developed power and / or consistency as a major weapon. Can vary strategies and styles of play in a competitive situation. Is usually a nationally ranked player.

**ITN 3** This player has good shot anticipation and frequently has an outstanding shot or attribute around which a game may be structured. Can regularly hit winners and force errors off short balls. Can put away volleys and smashes and has a variety of serves to rely on.

**ITN 4** This player can use power and spin and has begun to handle pace. Has sound footwork, can control depth of shots, and can vary game plan according to opponents. Can hit first serves with power and can impart spin on second serves.

**ITN 5** This player has dependable strokes, including directional control and depth on both ground strokes and on moderate shots. Has the ability to use lobs, overheads, approach shots and volleys with some success.

**ITN 6** This player exhibits more aggressive net play, has improved court coverage, improved shot control and is developing teamwork in doubles.

**ITN 7** This player is fairly consistent when hitting medium paced shots, but is not yet



comfortable with all strokes. Lacks control over depth, direction and power.

**ITN 8** This player is able to judge where the ball is going and can sustain a short rally of slow pace.

**ITN 9** This player needs on court experience but strokes can be completed with some success.

**ITN 10** This player is starting to play competitively (can serve and return / rally) on a full court using a normal ITF approved ball.

**ITN 10.1\*** This player is able to rally with movement and control.

**ITN 10.2\*** This player has developed some simple tennis-specific skills in hitting an oncoming ball regularly, however rallying with movement and control is not yet achieved.

**ITN 10.3\*** This player is in the early stages of tennis skills development and is primarily learning simple tennis co-ordination tasks / exercises.

\* The ITN 10.1 to ITN 10.3 categories will usually involve playing in a modified environment e.g. using transition / soft balls on a reduced court and / or using adapted racquets as appropriate.



# Description of Standard

[www.internationaltennisnumber.com](http://www.internationaltennisnumber.com)

ITN	Gen Ref (C)	Nat Rating (**)	GENERAL COMPETITIVE LEVEL	SERVE	RETURN	BASELINE GAME	APPROACHING / NET	PASSING NET PLAYER
1	Elite/High Performance		<ul style="list-style-type: none"> <li>• ATP / WTA ranking.</li> <li>• A world-class player who is committed to tournament competition on an international level and whose major source of income is tournament prize-money.</li> <li>• Has extensive professional tournament experience.</li> </ul>					
2	Advanced		<ul style="list-style-type: none"> <li>• Can analyze and exploit an opponent's weakness.</li> <li>• Can vary strategies and style of play and is capable of hitting dependable shots in stressful situations.</li> <li>• Usually a highly ranked national player.</li> </ul>	<ul style="list-style-type: none"> <li>• First and second serve can be relied upon in stressful situations and can be hit offensively at any time.</li> </ul>	<ul style="list-style-type: none"> <li>• Has developed good anticipation for both returns.</li> <li>• Can pick up cues from an opponent's preparation, toss, back swing and body position.</li> </ul>	<ul style="list-style-type: none"> <li>• Capable of hitting dependable shots in stressful situations.</li> <li>• Can attack, counter-attack and defend effectively with both forehand and backhand.</li> <li>• Can play a full range of shots.</li> </ul>	<ul style="list-style-type: none"> <li>• Hits slice or drive approaches.</li> <li>• Anticipates well at the net and has good court sense.</li> <li>• Can use angles or play deep effectively.</li> <li>• Volleys aggressively.</li> <li>• Overhead is invariably a winner.</li> <li>• Backhand overhead is also strong.</li> </ul>	<ul style="list-style-type: none"> <li>• Improvises and passes very well off both sides and from the return of serve.</li> <li>• Is able to use the two-shot passing combinations very effectively.</li> </ul>
3		<ul style="list-style-type: none"> <li>• Good shot anticipation and frequently has an outstanding shot, consistency or attribute around which a game may be based.</li> <li>• The player is 'match wise', plays percentage tennis and can regularly hit winning return of serve or force errors in the return of serve from short balls.</li> </ul>	<ul style="list-style-type: none"> <li>• Serve is placed effectively with the intent of hitting to a weakness or developing an offensive situation.</li> <li>• Has a variety of serves to rely on.</li> <li>• Good depth, spin and placement on most second serves to force a weak return or to set up the next shot.</li> </ul>	<ul style="list-style-type: none"> <li>• Can mix up aggressive and off-paced return of serve with control, depth and spin.</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand is strong with control, depth and spin.</li> <li>• Uses forehand to set up offensive situations.</li> <li>• Backhand is used as an aggressive shot with good consistency.</li> <li>• Has good direction and depth on most shots.</li> <li>• Has developed good touch.</li> <li>• Varies spin.</li> </ul>	<ul style="list-style-type: none"> <li>• Approach shots are hit with pace and a high degree of effectiveness.</li> <li>• Can hit most volleys with depth, pace and direction.</li> <li>• Plays difficult volleys with depth.</li> <li>• When given the opportunity, the volley is often hit for a winner.</li> <li>• Overheads can be hit from any position.</li> <li>• Hits mid-court volleys with consistency.</li> </ul>	<ul style="list-style-type: none"> <li>• Consistent on passing shots and hits them with pace and a high degree of effectiveness.</li> <li>• Can lob offensively.</li> </ul>	
4		<ul style="list-style-type: none"> <li>• Consistent play, capable of generating power and spin effectively and has begun to handle pace.</li> <li>• Has good anticipation, sound footwork and covers up weaknesses well.</li> <li>• Can control the depth of shots and is beginning to vary game plans according to opponents.</li> <li>• Although tentative on difficult shots, this player can hit first serves with power and accuracy and place the second serve.</li> <li>• Aggressive net play is common in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• Has an aggressive serve and commits few double-faults.</li> <li>• Power and spin can be used effectively to set up offensive situations, especially on first serves.</li> <li>• Second serves are typically well placed and deep.</li> </ul>	<ul style="list-style-type: none"> <li>• Often hits aggressive return of serve.</li> <li>• Can take pace off with moderate success in doubles.</li> <li>• Can chip and drive and charge with success.</li> </ul>	<ul style="list-style-type: none"> <li>• Very consistent (dependable) forehand.</li> <li>• Uses speed and spin effectively.</li> <li>• Controls depth well, but tends to over-hit when rushed or when pressing.</li> <li>• Offensive on moderate shots.</li> <li>• Backhand can control direction and depth but may break down under pressure.</li> <li>• Has a reasonable slice.</li> </ul>	<ul style="list-style-type: none"> <li>• Approach shots hit with good depth and control.</li> <li>• Can handle a mixed sequence of volleys.</li> <li>• Has depth and directional control on backhand volley.</li> <li>• Can consistently hit volleys and overheads to end the point.</li> <li>• Developing touch and good footwork, however the most common error is still over-hitting.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to lob defensively and offensively.</li> <li>• Able to pass the net player with a reasonable amount of effectiveness.</li> </ul>	
5		Intermediate	<ul style="list-style-type: none"> <li>• Good consistency (dependable strokes) including directional control and depth on both forehand and backhand sides on moderate shots, although rallies may be lost due to impatience.</li> <li>• Ability to use lobs, overheads, approach shots and volleys with some success.</li> <li>• Developing court coverage, experienced and tactically aware but not yet playing good percentage tennis.</li> <li>• Occasionally forces errors in return of serve when serving.</li> <li>• Teamwork in doubles is evident.</li> </ul>	<ul style="list-style-type: none"> <li>• Placement of both first and second serve is evident.</li> <li>• First serve is often hit powerfully.</li> <li>• Some use of spin.</li> </ul>	<ul style="list-style-type: none"> <li>• Has a dependable return of serve.</li> <li>• Can return with depth in singles and vary the return in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand is consistent and hits with depth and control on moderate shots, but placement can suffer when under pressure.</li> <li>• Backhand can direct the ball with consistency and depth on moderate shots.</li> <li>• Developing spin and may be able to use a bit of both topspin and slice.</li> </ul>	<ul style="list-style-type: none"> <li>• Follows aggressive shots to the net.</li> <li>• Has depth and control on the forehand volley.</li> <li>• Can direct backhand volleys, but usually lacks depth.</li> <li>• Is developing wide and low volleys on both sides.</li> <li>• Can put away easy overheads.</li> <li>• Can poach in doubles.</li> <li>• Beginning to finish point off.</li> <li>• Can hit to an opponent's weakness.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to lob defensively on difficult shots and offensively to set up the point.</li> </ul>

(C) General Reference/Label: To be decided by the National Association

(\*\*) National Rating: Corresponding National Rating (if applicable).



# Description of Standard

www.internationaltennisnumber.com

ITN	Gen Ref (C)	Nat Rating (**)	GENERAL COMPETITIVE LEVEL	SERVE	RETURN	BASELINE GAME	APPROACHING / NET	PASSING NET PLAYER
6	Intermediate		<ul style="list-style-type: none"> <li>Has achieved improved stroke consistency with directional control on moderate shots but with little depth and variety.</li> <li>Court coverage is improving yet there remains some hesitancy in moving forward.</li> <li>Is developing teamwork in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>Starting to serve with control and some power.</li> <li>Developing spin.</li> </ul>	<ul style="list-style-type: none"> <li>Can return serve consistently with directional control on medium-paced shots.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is quite consistent, varied on moderate shots and is played with directional control and some spin.</li> <li>Backhand is hit with directional control on moderate shots however difficulty is experienced on high and hard shots, which are often returned defensively.</li> <li>Will use either backhand drive or slice almost exclusively.</li> </ul>	<ul style="list-style-type: none"> <li>Is developing approach shots and starting to look for the opportunity to come in to the net.</li> <li>More aggressive net play.</li> <li>Can direct forehand volleys, controls backhand volley but with little offence.</li> <li>Has difficulty in putting volleys away and in playing half volleys.</li> <li>Is capable of covering some passing shots and typically uses proper footwork.</li> <li>Consistent overhead on shots within reach.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob fairly consistently on faster paced shots.</li> <li>Developing basic passing shot ability but has difficulty in playing a pass with the backhand.</li> </ul>
7			<ul style="list-style-type: none"> <li>Fairly consistent when hitting moderately paced shots but is not comfortable playing all strokes and can lack control when trying for direction, depth or power.</li> <li>A singles match will be played almost exclusively from the baseline, whilst the most common doubles formation is one-up, one-back.</li> </ul>	<ul style="list-style-type: none"> <li>Is developing a rhythm, although is less consistent when trying for power.</li> <li>Second serve is often substantially slower than the first serve.</li> </ul>	<ul style="list-style-type: none"> <li>Can return serve with reasonable consistency with the majority returned to the middle of the court.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is fairly consistent with some directional intent but has little control of depth.</li> <li>Backhand is starting to become fairly consistent on moderate shots with most of the balls directed to the middle of the court.</li> </ul>	<ul style="list-style-type: none"> <li>Approaches the net when play dictates it but needs to improve its execution.</li> <li>Has a consistent forehand volley, but is less consistent on the backhand volley.</li> <li>Has difficulty volleying shots played low and wide.</li> <li>Sometimes caught out of position and can tend to take too large a swing.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob fairly consistently on moderate shots and often uses it on the return of serve instead of a drive.</li> </ul>
8	Recreational		<ul style="list-style-type: none"> <li>Learning to judge where the ball is going, although court coverage needs to be improved substantially.</li> <li>When playing with other players of the same ability this player can sustain a short rally of slow pace with modest consistency.</li> <li>Usually remains in the initial doubles position during doubles play.</li> </ul>	<ul style="list-style-type: none"> <li>Attempting a full swing.</li> <li>There is little difference between the pace of first and second serves.</li> <li>Gets the ball in play at a slow pace.</li> <li>Toss needs to be more consistent.</li> </ul>	<ul style="list-style-type: none"> <li>Can return a slow paced serve.</li> <li>Will often have an abbreviated follow through.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand form is developing.</li> <li>Player is positioned and prepared for moderately paced shots.</li> <li>Backhand grip and preparation problems may be evident and the player will often choose to hit a forehand instead of a backhand.</li> </ul>	<ul style="list-style-type: none"> <li>Approaches the net only when forced to.</li> <li>Needs to spend more time at the net to build some confidence.</li> <li>Is currently uncomfortable at the net, especially on the backhand side and will frequently use forehand side of the racket face to play backhand volleys.</li> <li>Can make contact on overhead.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob intentionally but with little control.</li> <li>Will often play back to the opponent.</li> </ul>
9			<ul style="list-style-type: none"> <li>Needs on-court experience.</li> <li>While strokes can be completed with some success, stroke weaknesses are evident.</li> <li>Is familiar with basic positions for singles and doubles play, although needs better positioning and may even prefer to play both back.</li> <li>This player has begun to engage in match play.</li> <li>Is learning the basic rules and scoring.</li> </ul>	<ul style="list-style-type: none"> <li>Service motion is not continuous and needs more co-ordination.</li> <li>Toss needs to be more consistent and controlled.</li> <li>Double-faults are quite common.</li> </ul>	<ul style="list-style-type: none"> <li>Return of serve needs to be more consistent in order to reduce unforced errors.</li> <li>Will attempt to return almost exclusively with forehand.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand needs to have a more complete swing and more directional intent.</li> <li>Reluctance to play backhand is clear and experiences several technical problems on this side (i.e. grip, swing, contact).</li> </ul>	<ul style="list-style-type: none"> <li>Not yet familiar with approach and net play.</li> <li>Will look to play forehand volley exclusively and has problems making contact on overheads.</li> </ul>	<ul style="list-style-type: none"> <li>Experiences difficulties lobbing intentionally.</li> <li>Is not accustomed to playing a pass and will typically hit the ball straight back to the opponent.</li> </ul>
10			<ul style="list-style-type: none"> <li>This player is starting to play competitively (can serve and return / rally) on a full court using a normal ITF approved ball.</li> </ul>					
10.1	Starter		<ul style="list-style-type: none"> <li>The player is able to rally with movement and control.</li> </ul>			<p><i>The ITN 10.1 to 10.3 categories will usually involve playing in a modified environment e.g. using transition / soft balls on a reduced court and / or using adapted rackets as appropriate.</i></p>		
10.2			<ul style="list-style-type: none"> <li>The player has developed some simple tennis-specific skills in hitting an oncoming ball regularly, however rallying with movement and control is not yet achieved.</li> </ul>					
10.3			<ul style="list-style-type: none"> <li>The player is in the early stages of tennis skills development and is primarily learning simple tennis co-ordination tasks / exercises.</li> </ul>					

(\*) General Reference/Label: To be decided by the National Association

(\*\*) National Rating: Corresponding National Rating (if applicable).



# How the ITN Works

By The ITF International Tennis Ratings Taskforce

## Why use only ten rating categories?

The number of rating categories is limited to ten to ensure that the system is simple, easily understood and relatively easy to promote and to use. The number of rating categories was discussed extensively by the Taskforce and, while recognising that the rating categories could be expanded at national level, the ITF's intention is to persevere on an international basis with ten rating categories. However, the rating categories ITN 1 – ITN 10 should not be restrictive and national associations should be able to expand and adapt by adding sub-levels within each category (e.g. 1.0, 1.5, 2.0, 2.5 etc) if they feel it is beneficial to tennis in their country.

## Growing the game - the importance of the ITN 10 category

Within the ITN 10 category, three sub-categories (ITN 10.1, ITN 10.2 and ITN 10.3) have been developed to take account of those adults and young children who have started to play tennis but are not yet ready to play competitively on a full court with a normal ITF approved ball.

The progression from ITN 10.3 to ITN 10 will see these players (usually within their lessons) being helped to achieve a series of tasks using soft tennis balls on a smaller court, with the end objective (ITN 10) being a beginner that can serve/return/rally on a full court using a normal ball . . . a player ready to participate in and enjoy competition.

The Taskforce believes that the ITN 10 category is vital to the future growth of the game and that creating these sub-categories will ensure that a person can

be included in the ITN system as soon as they begin tennis. This will help attract and retain new players in tennis.

## How will players be rated?

The method of rating players can vary depending on the situation in the country, region or club and could include the following:

**Self-rating:** players can rate themselves using the Description of Standard guidelines provided.

**Independent verifiers/classifiers:** some of the national associations may want to pass the responsibility for rating players to independent persons who understand the ITN system.

This person could be the club coach, club manager or tournament director. Some national associations have already produced videos to help classifiers with their task.

**Computer:** it is envisaged that some countries may use computers as a means of helping players to be rated. Interactive programmes can be developed which allow players to answer questions which in turn lead them to their correct rating. Computers can also be used to reclassify players' ratings based on results obtained in 'rated' tournaments.

It is recognised that no method of rating can be totally accurate in all cases. Regardless of the method used initially to rate players, once the player begins to play matches at their level (i.e. within their relative ITN rating category), their rating should move (according to results against other rated players) to the correct ITN category within a relatively short time.

## How will the ITF International Tennis



## Number (ITN) be used in ITF Member Nations?

For those countries that do not currently have a national rating system in place, players can be rated by following the Description of Standard chart and using it to determine which ITN best describes their present ability. Players in these countries will hold only one rating - the ITF International Tennis Number (ITN).

Once rated, a player's ITN will move up or down as a direct result of matches played in 'rated' competitions in each country. The ITF will be providing a simple calculation system linked to competitive play, which can be used (manually or by computer) from club to national level to adjust a player's ITN rating according to results.

For those countries with established national rating systems, the ITF has developed a Comparison Chart (see next article). This chart compares the rating categories of those countries with the various ITN levels. Once the ITN is launched the players in these countries will in effect hold two ratings - their national rating and the corresponding ITN.

These countries will continue to calculate the national rating of their players as before and as players move up or down their national rating categories, so too will their ITN move up and down according to the Comparison Chart.

The Comparison Chart will also provide to those countries implementing a national rating system additional information that can be used when evaluating and determining the appropriate ITN for their players.





# ITN Comparison Chart

By The ITF International Tennis Ratings Taskforce

ITN	Australia	Belgium	Canada	France	GBR*	Italy	Morocco	NED	Spain	Sweden	Switzerland	USA
1	N1	A Int'l A Nat'l B-15/4 (23bis-35bis)	7.0 6.5	1 <sup>st</sup> série Promotion -30 -15	1.1 (1.1) 1.2 (1.2) 1.3 (2.1)	Cat. 1 2.1 2.2	1 <sup>st</sup> série	Cat 1	No 1 - 150	Above 600p	N1 N2	7.0 6.5
2	N2 N3 N4	B-15/4 (50bis-65 bis) B-15/2 (100Bis)	6.0 5.5	-4/6 -2/6 0	1.4 (2.2) 1.5 (3.1)	2.3 2.4	-30 -15 -4/6	Cat 2	No 151 - 300	401-600p	N3	6.0 5.5
3	N5	B-15/1 B-15 B-4/6	5.0	1/6 2/6 3/6	2.1 (3.2)	2.5 2.6	-2/6 0 2/6	Cat 3	3 <sup>rd</sup> cat. Group 10	301-400p	N4	5.0
4	N6 N7	B-2/6 B 0 B+2/6	4.5	4/6 5/6 15	2.2 (4.1)	2.3 (4.2) 2.7	2.8 4/6 15 15/1	Cat 4	3 <sup>rd</sup> cat. Group 9	201-300p	R1	4.5
5	N8 N9	B +4/6	4.0	15/1 15/2	3.1 (5.1)	3.1	3.2 15/2 15/4	Cat 5	3 <sup>rd</sup> cat. Group 8	61-200p	R2	4.0
6	N10 N11	C +15	3.5	15/3 15/4	3.2 (5.2)	4.1 (6.1)	3.3 3.4 30	Cat 6	3 <sup>rd</sup> cat. Group 7	51-60p	R3	3.5
7	N12	C +15/2	3.0	15/5 30	4.2 (6.2) 5.1 (7.1) 3.5	4.1	30/1	Cat 6	3 <sup>rd</sup> cat. Group 6 & 5	50p	R4	3.0
8	N13	C +15/4	2.5	30/1 30/2	5.2 (7.2) 6.1 (8.1)	4.2 4.3	30/2	Cat 7	3 <sup>rd</sup> cat. Group 4 & 3	NR	R5	2.5
9	N14 N15	C +30	2.0	30/3 30/4	6.2 (8.2) 6.3 (9.1)	4.4	NR	Cat 8	3 <sup>rd</sup> cat. Group 2	NR	R6	2.0
10	N16 N17	C +30/2 C +30/4	1.5	30/5	7.1 (9.2) 7.2 (10.1) 7.3 (10.2)	4.5	NR	Cat 9	3 <sup>rd</sup> cat. Group 1	NR	R7	1.5
10.1 to 10.3	N18 N19 N20	NR	1.0	NR	8 (11)	NR	NR	NR	NR	NR	NR	1.0

\* The British ratings in brackets refer to the new scale being introduced in October 2003.

# Other ITN Issues

By The ITF International Tennis Ratings Taskforce

## The different competitive groups

The Taskforce gave a great deal of thought to the different competitive groups in a country such as juniors, veterans and wheelchair tennis players. However it was decided that only one international tennis rating system would be operated and that juniors, veterans and wheelchair tennis players would be rated within the same system based on their current level of play.

The issue of doubles was also considered but again it was felt that a separate doubles rating would complicate the project at this time. However, for doubles matches the rating of the team should be determined by combining both players' ITN and arriving at an average. A calculation system has been developed to allow doubles results to be counted towards the singles ITN of each player.

There will be only one Description of Standard used for both men and women. However because it is recognised that the level of an ITN rated man will be different to that of a similarly rated female player, there will be separate male and female ITN scales e.g. an ITN 2 rated man would not be the same as an ITN 2 rated female. The Taskforce intends to look to develop some guidelines to facilitate competition between men and women particularly at the recreational level.

## What about handicapping?

The Taskforce believes that an effective handicapping system for tennis could play an important role in increasing participation specifically at the recreational level and therefore has developed a handicapping system to facilitate play between players of different competitive levels. We believe that a form of 'free points' handicapping could be used effectively for players where the difference in level is not too great (e.g. when the average set score is between 7/6 and 6/2).



However the Taskforce concluded that establishing effective handicapping for play when the difference in level is too great (6/0 or 6/1) was at this time unrealistic and ultimately ineffective.

The system proposed involves the weaker player taking, as and when he decides, a fixed number of free points in each set. The chart below is a guide which can be used to ensure that a match is closer and so more interesting

and enjoyable for the players concerned. It should be noted that the Taskforce does not recommend that results from handicapped matches be included in any rating system or count towards a player's rating.

## ITN calculation system

Once players have been rated, they will begin playing competitions. It will then be necessary, on the basis of matches played, to re-classify the ratings of players on a regular basis.

Obviously, national associations will have to decide on the best method of calculation which suits the particular conditions in their country. Some countries will choose to use a very simple system while others may choose to use a more sophisticated system. Cost

AVERAGE SCORE WHEN PLAYING WITHOUT USING A HANDICAPPING SYSTEM	FREE POINTS AVAILABLE TO THE WEAKER PLAYER PER SET
7/5 7/6	0-3 points
6-4	2-4 points
6-3	3-6 points
6-2	5-8 points

and administrative time will be a major factor in this decision.

The Taskforce has developed a simple low cost calculation system for re-classifying players. The head-to-head system can be operated manually or with a computer using a simple excel spreadsheet. The player receives positive points for beating players rated equal to or better than them and negative points for losing to players rated below them. The sum of their points will be used to re-classify their ITN on a regular basis.

In addition, as aforementioned, the ITF has developed a calculation system that allows results in doubles to count towards the singles ITN of each player. National associations can then decide if they wish doubles results to be included in the national rating system.

### New scoring systems and competition formats

Over the past few years, the ITF Rules of Tennis have changed and they now allow a number of different scoring systems to be used in competitive play. These changes allow national associations, clubs and tournament organisers to better adapt the competition to the needs of the participants.

The new scoring systems include:

**No-Ad scoring system:** at 'deuce', one deciding point is played to determine the winner of the game. The receiver decides to which service court this last point is to be played.

**Short sets:** The first player/team to win four games, wins that set, provided there is a margin of two games over the opponent(s). If the score reaches four games all, a tie-break game shall be played.

**Deciding Tie-break game:** When the score in a match is one set all, or two sets all in best of five set matches, one tie-break game shall be played to decide the match. This tie-break game replaces the deciding final set.

In addition a number of creative competition formats which guarantee players more than one match are also being encouraged. These include round robin, box leagues, feed-in consolation and rated/progressive draws.

Whichever scoring system or format is used, it is envisaged that all competitions at national, regional or club level will use the ITN rating categories as the basis for organising tournaments.

### The Tennis Ratings Manual

A Manual has been compiled to assist national associations with the introduction of the tennis rating system at national level. The Manual provides a

step by step guide to implementing and managing the ITN and outlines ways that the ITN can be used to increase participation in tennis.

### The ITN and Coaching

The ITN will be an effective tool with which club coaches can work. In addition to the competitive programme within a club, coaches will also be able to use the ITN as the basis for organising and tailoring coaching programmes to specific ITN groups of players in the club.

It is also expected that the coaches will be involved in the initial rating of club members by running regular ITN rating clinics.

### The Way Forward

The ITN was launched in January 2003 at the Australian Open when Tennis Australia became the first ITF member nation to adopt the ITN as their official national tennis rating system. A number of other national associations are already planning to introduce the ITN and it is envisaged that the 'pilot project' in Australia will be a valuable case study, providing important information for other national associations wanting to launch the ITN in their own countries.

The ITF, together with the Taskforce and their respective national associations, is also looking at ways to promote the ITN worldwide. A thorough promotional effort is important to the successful implementation of the ITN. Generic material is being developed to be used by ITF member nations to inform players of the ITN and its benefits, as well as an ITF website dedicated to the International Tennis Number ([www.internationaltennisnumber.com](http://www.internationaltennisnumber.com)).

Promotion through coaches and tournament organisers worldwide is also vital to the success of the ITN, and at the recent ITF Regional Coaches Workshops held during 2002, over 1000 of the world's top coaches representing close to 120 nations were introduced to the ITN.

We recognise that the success of the **International Tennis Number** will be measured by its ability to be implemented at the club and recreational level and we encourage each country to focus on this. The more the ITN is used as a base for recreational and competitive activities, the more it will grow in popularity and acceptance.

The ITF believe that the ITN can have a big impact on tennis participation worldwide.

We are ready to begin to 'Rate the Tennis World'... Are you ready?

*The ITN...what's your number?*



### The ITF International Tennis Ratings Taskforce

Dave Miley, ITF  
Peter Johnston, Tennis Australia  
Martin Reiter, Tennis Austria  
Allard Elema, Dutch Tennis Federation (KNLTB)  
Jean-Francois Magne, French Tennis Federation (FFT)  
Wolfgang Burkhardt, German Tennis Federation (DTB)  
Martin Rands, Lawn Tennis Association of Great Britain (LTA)  
David Schobel, United States Tennis Association (USTA)  
Frank Couraud, ITF  
Miguel Crespo, ITF

### For further information please contact:

International Tennis Number  
ITF  
Bank Lane  
Roehampton  
London SW15 5XZ  
UK  
Tel: 44 208 878 6464  
Fax: 44 208 392 4742  
E-mail:  
[internationaltennisnumber@itftennis.com](mailto:internationaltennisnumber@itftennis.com)  
Web:  
[www.internationaltennisnumber.com](http://www.internationaltennisnumber.com)



# Mini-Tennis



## Recommending Tennis Equipment

by Luc Vesseaux (Stringer at the French Open and the Paris Bercy and Monte Carlo Master Series tournaments, France.)



Mini-tennis equipment

The selection of tennis equipment is still of primary importance for the player's results and enjoyment of the game. The tennis coach is the first person players turn to for advice on tennis racquets, strings and balls. The coach must therefore

be able to understand what manufacturers have to offer in order to recommend the equipment that is best suited to each player's game style and morphology. This article intends to familiarise tennis coaches with the technical aspects of the tennis equipment available on the market.

### TENNIS RACQUETS

**Materials:** In the 1980's, wood (beech, walnut) was dropped in favour of more playable and lighter materials. Steel provided players with a lot of power, but was taxing for muscles because of its weight and relative inability to reduce after-impact vibration. It was to be replaced by fibreglass, a lighter and above all more flexible material. The advent of graphite then provided for varying degrees of flexibility or stiffness depending on the fibre content in the racquet. Graphite is the result of the association of carbon filaments. Titanium is the latest state-of-the-art fibre for racquets that are very light and stiff. Aluminium, although less resistant, is used to produce racquets designed for children and beginners because it is a light material.

**Structure (honeycomb...):** These days, tennis racquets have a hollow structure, which decreases their weight. Some manufacturers have also developed specific braidings of fibres at certain locations on the racquet to increase or decrease the racquet's stiffness. In some racquets, polyurethane foam is injected to reduce vibration.

**Weight:** The weight of strung racquets varies from 200g to 270g for children and beginners, and from 270g to 360/370g for juniors, competition players and high level female players. It has an impact on three factors: feel, manoeuvrability and power. The weight of the racquet should be adapted to the morphology of the player to reduce the prospect of muscular fatigue or any other type of muscular problems.

**Balance:** Balance is expressed in centimetres and corresponds to the distance from the butt to the racquet's balance point. 'Longer' tennis racquets have a centre of balance nearly always toward the head and are generally lighter. The choice of the balance depends on the player's morphology and style of play. A racquet's balance can be modified, according to one's preferences, by adding lead tape. This will also alter the overall weight of the racquet.

**Flexibility and stiffness:** Flexibility and stiffness are measured by the Flex index and are affected by the type of materials used. Each brand has their own way of expressing the flexibility or stiffness of racquets, but the Flex index is the only means of having a technical measure of these notions. A racquet is classified as flexible when the index is between 55 and 60, medium stiff between 62 and 67 and stiff above 67. Flexibility and stiffness have an impact on the game in terms of control, power and playability (generally proportional to the dampening of vibrations). It must also be noted that the strings reinforce the racquet's intrinsic performance characteristics.

**Length:** Length varies from 50cm to 67.5cm for children (from 36cm for mini-tennis) and from 68.5cm to 73.6cm for adults. The table below indicates the recommended racquet size in relation to the size of the child. Remember however, that the choice of a tennis racquet is also dependent on the child's level of play.

Size of the child	Racquet size
Up to 1.20m	Up to 56cm
From 1.20m to 1.30m	From 57cm to 62cm
From 1.30m to 1.50m	From 63cm to 67.5cm

The length of the racquet affects its manoeuvrability, its control (i.e. handling difficulties can be associated with playing low volleys with longer racquets) and its power (i.e. longer racquets provide greater leverage).

**Grip size:** Selecting the proper grip size is essential. The grip size must 'feel' right, but a general rule of thumb is that players should be able to slip one finger in the space between the fingers and the palm when they are holding their racquets.



**Frame:** The strung surface shall not be longer than 15.5 inches (39.37cm) nor wider than 11.5 inches (29.21cm). The head size shall not exceed 709.67cm<sup>2</sup> (international rules). The most common head sizes available are: 600cm<sup>2</sup>, 630cm<sup>2</sup>, 660cm<sup>2</sup> and 690cm<sup>2</sup>. The larger the frame, the larger the 'sweet spot' (i.e. the area that is 'preferable' to hit the ball) and the greater margin for error in terms of impact location.

**Profile:** The profile relates to aerodynamics. The thicker the frame, the more aerodynamic it is and the more power it produces (stiff frame in general). On the other hand, a thin profile is more conventional, playable and provides greater control.

**String pattern:** A frame can have 14, 16 or 18 mains and 18, 19, 20 or 22 crosses. The denser the string pattern, the more precision afforded. When there are fewer strings, one gets less control (due to the low density of the string pattern), but can produce more power and impart more spin to the ball.

**Swingweight:** This technical notion is different to the notion of balance, which is a static measure. Swingweight is a measure of a racquet's weight distribution when the racquet is in movement. It can be said that a racquet's swingweight reflects its manoeuvrability. Swingweight is expressed in kg/cm<sup>2</sup> and varies between 200kg/cm<sup>2</sup> and 400kg/cm<sup>2</sup>. The higher the measure, the more energy the racquet requires to be swung and the more power it produces. Conversely, the lower the measure, the more manoeuvrable the racquet is and the more control it provides. This notion is widespread among the pros, but remains largely insignificant for the amateur tennis player. This is the reason why most companies rarely mention it.

**Vibration:** The vibration propagated to the arm is the result of off-centre hits on the racquet face. The amount of vibration depends on the type of frame, the type of string and the combination of both. Knowing the stiffness of one's racquet frame is important in order to use the proper strings. A rigid frame will transmit vibrations more easily than a flexible frame, which 'works' at impact by 'accompanying' the ball. Unlike natural or synthetic multifilament strings, stiff strings made of polyester do not absorb vibrations. Adding silicone in the handle or a vibration-dampening device to the strings or at the tip of the handle has proven successful in minimising vibration.

## STRINGS

**String types:** Gut strings: Manufactured from beef intestines (thousands of filaments are interlaced), gut is the oldest string type. Natural gut remains a standard for its high playability, resilience (ability to return energy to the ball) and performance (excellent tension holding). These advantages however are quite costly.

Synthetic strings: While there is only one type of gut string, there are several types of synthetic string. Due to the high cost of natural gut, engineers have developed synthetic strings that are both competitive and more affordable. The better-known types are nylon, polyamide, polyester, polyurethane and Kevlar.

**Properties:** Solid core strings with wraps: This synthetic string is made of a single core wrapped with a simple, double or triple filament structure. The core brings solidity to the string and the various filament structures around it bring flexibility for better playability. In most cases, these strings are inexpensive,

but offer basic performance characteristics.

Multifilament strings: There is no core in this type of string. Filaments (natural or synthetic fibres) are bound together in various ways to offer the best possible performance. These strings are more expensive than solid core strings with wraps. Multifilament strings, in the same way as natural gut, tend to fray, which makes it easier to assess their ageing. Manufacturers have reinforced multifilament strings and extended their string life by adding titanium and polyester structures.

Monofilament strings: A synthetic string composed of a single core. This type of string is very durable, but provides little playability due to its inability to absorb most vibrations. Polyester is the most common type of monofilament string.

Very common among professional players, hybrid strings are a combination of two different types of strings. Such a composition usually sees durable strings used on the mains (polyester or solid core wraps) and softer, more playable strings used on the crosses (multifilament strings).

**String gauges:** In general, the diameter of the strings available on the market varies from 1.24mm to 1.42mm. Gauge influences elasticity, tension holding, playability and the string's life span.

**String tensions:** The higher the tension, the stiffer the strings will be, which will result in less elasticity and therefore power. The lower the tension, the more the strings will return energy to the ball.

## TENNIS BALLS

There are currently several different types of balls on the market:

- Pressurised tennis balls (filled with air) are fast and lively and are used for practices and competitions. By varying the thickness of the felt cover, manufacturers can alter the speed of the balls and adapt the bounce characteristics depending on the court surface. In order to be used in competition, a tennis ball must be approved by the International Tennis Federation and be more than 1.975 ounces (56 g) and less than 2.095 ounces (59,4 g) in weight.
- Non-pressurised tennis balls with no air and a thicker rubber are not used as frequently but do last much longer.
- Transition balls.
- Mini-tennis balls.
- Foam balls.
- High altitude balls that are identical to the standard ball but bounce 48-53 inches (instead of 53-58).

## CONCLUSION

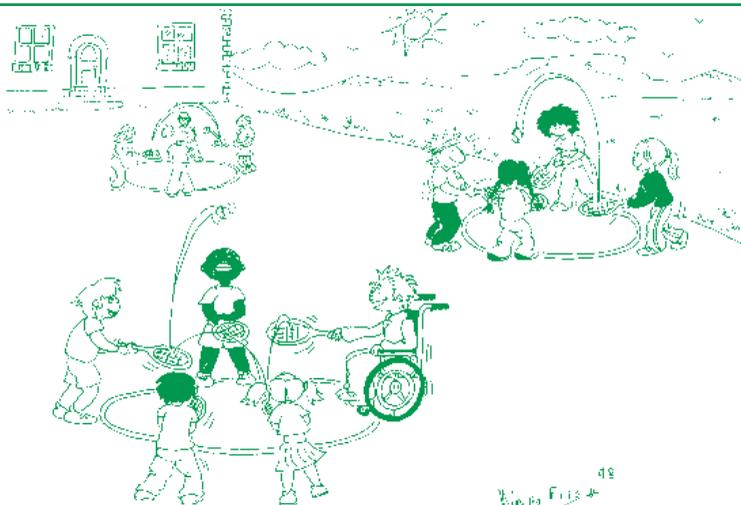
Selecting the equipment that is best suited to the child or the adult player is essential to support him throughout his learning experience (from lessons to competition). Tennis coaches therefore need to tailor their approach to suit each of their students' needs. They might also need to persuade some students not to use the equipment of tennis champions, which is often unsuited to their morphology.

*This article has been reproduced with the permission of the French Tennis Federation.*

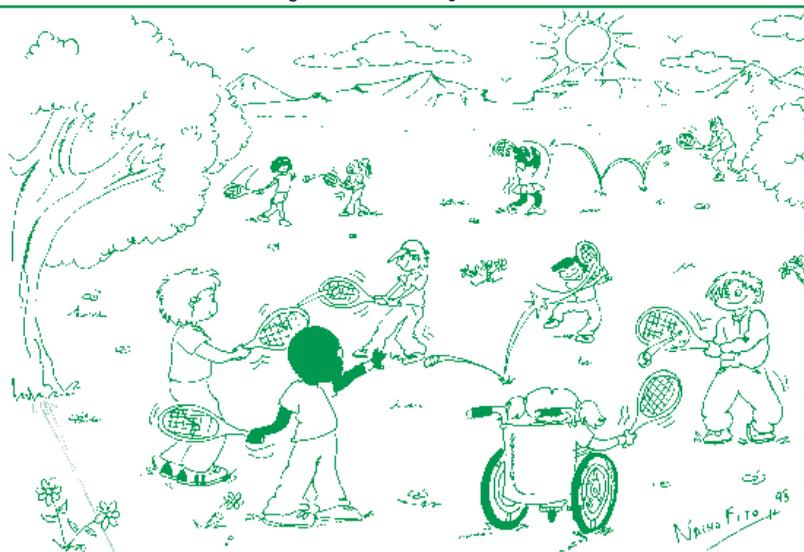


# 2 ONE HOUR LESSONS FOR CHILDREN 5 - 8 YRS OLD

<b>LESSON 17</b>	<b>Theme:</b> RECEIVING AND PROPELLING WITH CO-OPERATION
Objective	To hit upward a ball which has been tossed from a given direction.
Warm up	<u>Throw and catch:</u> To develop agility and co-ordination. Pupils in pairs 3 metres apart. Pupil A throws the ball underarm to pupil B. Pupil A should vary the type of throw: High - Low - Wide but pupil B should always be able to reach it just before it bounces.
Games/ Exercises	<u>Pop corn:</u> Students form circles of 3-6 members facing inward. They pass the ball around the circle from one to the other without allowing it to bounce. Team with most hits wins.
Variations	Holding the racquet with one or two hands, change the sides of the body, keeping the ball in the air, etc.



<b>LESSON 18</b>	<b>Theme:</b> RECEIVING AND PROPELLING WITH CO-OPERATION AND MOBILITY
Objective	To pass the ball back and forth between partners as many times as possible with the racquet.
Warm up	<u>Turn and react:</u> To develop co-ordination, agility and reaction. Pupils in pairs 4 metres apart. Pupil B stands with their back to pupil A. Pupil A throws the ball high and just before the first bounce shouts GO! Pupil B reacts and turns around to try and catch the ball before the second bounce.
Games/ Exercises	<u>Close-far:</u> Students in pairs, pass the ball back and forth with the racquet allowing one bounce, several bounces or no bounces. When they reach 5 hits without missing they move away one step, and so on. When they miss the ball, they move forward one step.
Variations	Tossing underarm, overarm, moving farther away from each other, etc.

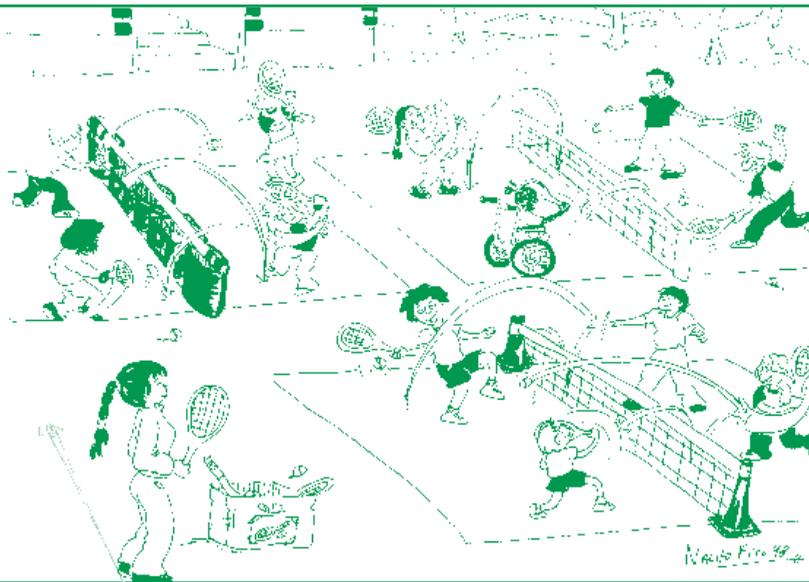


# 2 ONE HOUR LESSONS FOR CHILDREN 8 – 10 YRS OLD

<b>LESSON 17</b>	<b>Theme:</b> PROPELLING, RECEIVING AND CO-OPERATING: VARYING THE DIRECTION
Objective	To provide the students with the skills required to vary direction when hitting to their partner (opponent).
Warm up	<u>The jumper:</u> Students stand with feet together next to a line. They practise jumping backwards, forwards, sideways over the line.
Games/ Exercises	<u>Figure 8:</u> Students rally in pairs. One student hitting the ball after the bounce down the line and the other hitting it crosscourt. Students have to run side to side to take next shot. The pair who hits more balls in a row is the winner. Students swap roles.
Variations	Rallying groundstroke to groundstroke, groundstroke to volley or volley to volley. Right or left, etc.



<b>LESSON 18</b>	<b>Theme:</b> PROPELLING, RECEIVING AND CO-OPERATING: VARYING DEPTH
Objective	To provide the students with the skills required to vary depth when hitting to their partner (opponent).
Warm up	<u>The snake:</u> Students run around the court in fast and then slow time. Run quickly changing directions for 20 seconds and then slowly for 60 seconds.
Games/ Exercises	<u>Chewing gum:</u> Students rally in pairs. One student hitting the ball after the bounce short and the other hitting it long. Students rotate positions. The pair who hits more balls in a row is the winner.
Variations	Rallying groundstroke to groundstroke, groundstroke to volley or volley to volley. Short and deep, etc.



# Letter to the Editor

By Scott Biron (Professional Tennis Registry Teaching Professional and Junior High School Physical Educator, USA)

*In Support of Mini-Tennis and the "game based" approach.*

Miguel, after reading your article in the April 2002 issue of the ITF Coaching & Sport Science Review on Mini-Tennis, I was compelled to comment. I have been actively involved in teaching tennis to school aged children 6-15 years of age in the United States. More recently, I have instructed school teachers on how to use the "game based" approach to teach tennis.

What is occurring because of this teaching method is twofold: First, students learn how to play tennis quickly. They enjoy the sport and take it outside of the classroom setting playing with friends and family. That is very powerful and proves this approach is the way to go. Secondly, adjustments in form (technique) happen rapidly due to the students knowledge of the tactics. They see why form changes are necessary, and readily make and practice them.

"Game based" learners have a higher retention level in tennis. They continue with the sport because it is fun, they play right away and don't get turned off by waiting in boring lines.

My concern as we move forward is converting the teachers in the schools to adopt the "game based" approach to teaching tennis. Most teachers are unfamiliar with this method. They learned tennis by waiting in lines in classes that were small. Today's physical

education classes have as many as 35 students in them making the traditional approach to teaching tennis impossible. Getting the "game based" message across is crucial.

Once teachers are trained in this method they quickly become disciples of this approach and add tennis into their curriculums. Additionally, colleges that educate future teachers need to include this method in their training of new teachers.

Here in the US the United States

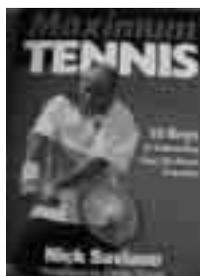
Tennis Association (USTA) has done an outstanding job of promoting this method of teaching over the last few years. They have spent tireless hours getting little credit for their efforts. The USTA's success has been measured on racquet and balls sales and not on the number of students on the court. My guess is that in years to come the courts will all be filled with adults and children who are playing tennis because of the "game based" approach and organisations like the ITF and the USTA.



## Recommended Books and Videos

### Books

**Maximum Tennis.** By Nick Saviano. Year: 2003. Pages: 195. Language: English. Level: All levels. This book lays out all the intangibles that will help you play to your full potential. It will help players to get the



absolute most out of their tennis-playing ability. Foreword by Chris Evert. Contributions by Jim Courier, Nick Bolletieri, Patrick McEnroe, Dennis van der Meer, Brad Gilbert, Dick Gould, Stan Smith, Pam Shriver and Billie Jean King. Contents comprise of: Visualize your ultimate player. Embrace your playing personality. Customize tactics. Optimize technique. Let movement flow. Simulate for success. Focus on what you can control. Guarantee success. Synergize in doubles. Play

from the heart. For more information contact: Human Kinetics, P.O. Box 5076, Champaign, IL. [www.humankinetics.com](http://www.humankinetics.com). Price: \$US19.95.

### The Physics and Technology of Tennis.

By Howard Brody, Rod Cross and Crawford Lindsey. Year: 2002. Language: English. Level: All levels.



This book is a reference manual for anyone interested in the technical side of tennis. It covers everything players, coaches, stringers, retailers and teaching pros ever wanted to know about tennis equipment and how it affects performance. Parts include: **Part 1: Racquets:** Choosing a racquet, Materials, Weight, Balance & swingweight, Stability, Measuring swingweights, Sweetspots, Shock & vibration, Vibration theory, Feel, Force and momentum, Energy and coefficient of restitution, Collisions, Tennis springs, Power, On court ball speed and Customizing racquets. **Part 2: Strokes.** Racquet technology and strokes, Impact location, Improving your serve, Serve speed, Receiving serve, Strokes and spin, Drop shot, Time and strokes and Error reduction. **Part 3: Strings.** Overview, Chemistry, Materials, Construction, Properties, Power, Tension, Measuring string tension and Gauges. **Part 4: Balls and courts.** The tennis ball, Ball testing for bounce, The bounce of the ball, Ball spin and bounce off the court, Ball bite and bounce, Ball spin and bounce off a racquet, Ball trajectories. Appendices. For more information contact: [www.racquettech.com](http://www.racquettech.com). Price: \$US59.95

### Tennis: Biodynamic System

(Tennis: Sistema Biodinamico). By Daria Kopsic Segal. Year: 2002. Pages: 276. Language: Spanish and English. Level: Intermediate and advanced. This book presents the Biodynamic Teaching System, which applies a clear, efficient and precise methodology for maximising the stroke production capabilities of each player. Sections include: Structure. Biomechanical principles. Observational system. Development of the system for groundstrokes. Attacking strokes. Serve. Mobility. Drills. Conclusions. References. For more information contact: [dariaidtc@sinectis.com.ar](mailto:dariaidtc@sinectis.com.ar), [dariaks@hotmail.com](mailto:dariaks@hotmail.com), [destino@sinectis.com.ar](mailto:destino@sinectis.com.ar), or fax. 54-11-4832-0789. Price: \$US30.



### Testing in the Club Junior and in Tennis Programmes.

(Les tests du Club Junior et de l'école de tennis). By The French Tennis Federation. Year: 2001. Language: French. Level: Beginner and intermediate. This book presents the tests used by the French Tennis Federation in their Club Junior and Tennis School programmes. Chapters include: Introduction: Why update the tests? General principles: The role of the tests in educating the young tennis player, Testing pedagogy (logic, evaluation, practical tips and equipment). Tests: Starters, White ball, Yellow ball, Orange ball, Green ball, Red ball and Racquet test. For more information contact: Fédération Française de Tennis, 2, Avenue Gordon Bennett, 75016 Paris, France. Tel: 33 1 47 43 48 00. Fax: 33 1 47 43 04 94. [www.fft.fr](http://www.fft.fr).



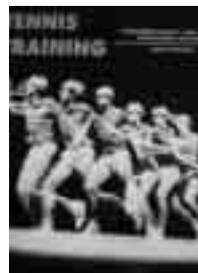
### Tennis in Germany

(Tennis in Deutschland). By The German Tennis Federation. Year: 2002. Pages: 320. Language: German. Level: All levels. This book has been written to celebrate the 100<sup>th</sup> anniversary of the German Tennis Federation. It covers the distinguished history of German tennis from the game's very conception in that country right up to Germany's more recent tennis successes. Among its many historical facts, the book includes excellent colour photographs and biographies of all of the German Tennis Federation's Presidents and a roll of honour of Champions of the German Open. For more information contact: [dtpress@aol.com](mailto:dtpress@aol.com).



### Tennis Training.

Edited by Alberto Castellani, Angelo D'Aprile and Stefano Tamorri. Year: 1992. Language: Italian. Level: Advanced. Foreword by Ion Tiriac, Ferruccio Antonelli, Francesco Cancellotti, Riccardo Piatti, Danilo Bonamigo and



Paolo Cassani. This book includes contributions from more than 15 leading tennis experts on all issues related to the training of top tennis players. Chapters include: Physiological profile of the tennis player. Physical preparation. Technical preparation. Psychotennis. Biological aspects. References. For more information contact: Societa Stampa Sportiva. [www.stampasportiva.com](http://www.stampasportiva.com).

### Handling a Ball with the Racquet in the Game of Tennis.

(Manipulacao de uma bola com uma raquete no jogo do tennis). By The Portuguese Tennis Federation. Year: 2002. Pages: 88. Language: Portuguese. Level: Beginner tennis. This manual is edited by the Cabinet of Sport in Schools together with the Portuguese Tennis Federation as a resource for physical education teachers involved in the STI programme in Portugal. Contents include: 27 lessons for beginner players. Awards scheme for the STI programme in Portugal. Simplified rules and tournament formats. Useful contacts in the Portuguese Tennis Federation and the Portuguese Ministry of Education. For more information contact: [fptenis@mail.telepac.pt](mailto:fptenis@mail.telepac.pt).



## Videos

### 50 Integrated Tennis and Physical Conditioning Drills

(50 exercices de tennis-physique intégré). By Olivier Bourquin. Year: 2002. Languages: English and French. Level: Intermediate and advanced. This is a 30 minute colour video which presents 50 exercises which integrate tennis with physical conditioning in a practical and user friendly way. For more information contact: Olivier Bourquin at [o.bourquin.tennis@bluewin.ch](mailto:o.bourquin.tennis@bluewin.ch) or Tel: 0041 79 340 36 10.





# 13TH ITF WORLDWIDE COACHES WORKSHOP



20 – 26 OCTOBER 2003

"Applied Sport Science for Elite Tennis"



The ITF is pleased to announce that the 13<sup>th</sup> ITF Worldwide Coaches Workshop will take place in Vilamoura, Portugal from 20 – 26 October 2003. The event will be organised by the ITF in conjunction with the Federacao Portuguesa de Tenis.

The theme of the Workshop will be "Applied Sport Science for Elite Tennis" and some of the confirmed speakers include:

- |                                 |                          |                             |
|---------------------------------|--------------------------|-----------------------------|
| Ivo van Aken (Belgium)          | Gabriel Jaramillo (USA)  | Dr. Ann Quinn (Australia)   |
| Jordi Arrese (Spain)            | Daria Kopsic (Argentina) | Machar Reid (ITF)           |
| Louis Cayer (Canada)            | Dr. Paul Lubbers (USA)   | Dr. Paul Roetert (USA)      |
| Jose Costa (Portugal)           | Dr. Stuart Miller (ITF)  | Emilio Sanchez (Spain)      |
| Paul Dent (Great Britain)       | Cathy Ortega (WTA)       | Richard Schonborn (Germany) |
| Prof. Bruce Elliott (Australia) | Dr. Babette Pluim (NED)  | Prof. Karl Weber (Germany)  |

The 5-day Workshop will take place at the Dom Pedro Golf & Forum Conference Centre (4 star) ([www.dompedro.com](http://www.dompedro.com)) in the beautiful beach resort of Vilamoura. The elegant marina setting of Vilamoura is one of the top resorts in the Algarve region of Portugal and with its beaches, tennis courts, golf courses, restaurants and bars all in walking distance from the hotel, it provides the ideal venue for the 13<sup>th</sup> ITF Worldwide Coaches Workshop.

The ITF package offered to participants will include:

Entry to the Workshop (including information pack)

Accommodation in single or double rooms (from 20 October – 26 October)

6 breakfasts, 5 lunches, 4 dinners

Use of hotel facilities (swimming pool, saunas, tennis courts etc)

Further details on the 13<sup>th</sup> ITF Worldwide Coaches Workshop and application procedures will be available through all National Associations by June 2003. All participants must be endorsed by their National Association.

Any coach wishing to be kept up-to-date on the Workshop and other coaches education news, can register to receive free of charge the ITF Monthly E-mail Newsletter for Coaches by e-mailing [development@itftennis.com](mailto:development@itftennis.com).

## Subscription to "ITF Coaching & Sport Science Review"

ITF Coaching & Sport Science Review is produced 3 times a year in April, August and December. Subscription is available on a one year basis and the cost (including postage) will be as follows:

1 year subscription                      £9.00 (£3.00 per copy) = US\$ 14.09 (\$4.70)\*

\* equivalent US\$ rate as of November 2002.

Should you take out the subscription part way through the year, you will receive the back issues from the beginning of the year in question and the appropriate amount of future issues.

If you wish to subscribe, please fax the Tennis Development Department on **44 20 8392 4742** to obtain the Personal Details Form and the Credit Card Payment Form. When completed you can fax it back to us on the same fax number.

Please remember that ITF Coaching & Sport Science Review can be accessed on our website at [www.itftennis.com](http://www.itftennis.com) – coaches news – development in subsection "Educational Materials".

Should you have any questions or queries, then please do not hesitate to contact the Tennis Development Department on fax: 44 20 8392 4742 or e-mail [development@itftennis.com](mailto:development@itftennis.com).



## International Tennis Federation

ITF Ltd, Bank Lane, Roehampton, London SW15 5XZ

Tel: 44 20 8878 6464 Fax: 44 20 8878 7799

E-mail: [itf@itftennis.com](mailto:itf@itftennis.com) Website: [www.itftennis.com](http://www.itftennis.com)

Co-Editor: Machar Reid Selected photo credits: Paul Zimmer

ISBN 1-903013-20-8

Printed by Remous Ltd, Milborne Port, Sherborne, Dorset DT9 5EP