



# wheelchair tennis coaches review



Issue 4 December 2001

Welcome to Issue 4 of the ITF Wheelchair Tennis Coaches Review. This will be the final issue of 2001, the 25<sup>th</sup> Anniversary of Wheelchair Tennis. The education of coaches remains a high priority for the ITF and this publication is a vital tool in that process.

During 2002 there will be several initiatives aimed at coaches. The ITF level one syllabus is being rewritten and will now include wheelchair tennis in many chapters.

In this edition of the Review Randy Snow writes a controversial article on what would be a dramatic rule change in wheelchair tennis. Regular contributor Wayne Elderton looks at some issues to consider when coaching quad players and there is an article on the role of the coach at team events such as the Invacare World Team Cup. There is also an introduction to some fitness drills that can be used for wheelchair tennis players.

Also in this edition there is an extended review of a number of websites, existing publications and new books that will prove useful to coaches in wheelchair tennis.

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# Coaching Quad Players

Wayne Elderton



*Wayne is a certified Tennis Canada national level 4 coach and the Head Course Conductor for Coaching Certification in British Columbia. He is currently the Tennis Director at the Grant Connell Tennis Centre in North Vancouver and a National Wheelchair Coach. He is the personal coach of many of Canada's top international wheelchair players including Sarah Hunter, who is one of the best quad players in the world. If you have any questions, please visit his website at: [www.acecoach.com](http://www.acecoach.com)*

## GET A GRIP

One of the many challenges facing Quad players (and their coaches) is how taping impacts a player's technique.

Fastening the hand to the racket means only one grip will be available for the whole time. So which one do you choose? Each of the major grips have their own advantages and disadvantages. Let's look at the two most popular taping options:

### 1. Taping in a continental grip:

Advantages:

- ? Both forehand and backhand can be performed with equal strength.
- ? Underspin shots are readily available since a continental grip creates a slightly open racket face angle at impact.
- ? On overhead shots (serve and smash), a continental grip allows more forearm pronation so there is good potential for power.

Disadvantages:

- ? Although all shots are available, topspin is more difficult to produce because of the racket angle. Without topspin it is harder to control power shots. The result is that continental players tend to not have 'weapons' or extreme angles.
- ? It is also a little harder to push with a continental grip so mobility may be affected slightly.

### 2. Taping in an eastern forehand or semi-western forehand grip:

Advantages:

- ? More topspin is available on the forehand so it can be hit with more power without losing consistency.
- ? The topspin allows more angles to be created on the forehand since the ball can be made to 'dip' more.
- ? On the forehand, high looping topspin shots that make opponents impact at shoulder height or above are easier to perform.
- ? A semi-western grip allows for maximum contact on the wheel (or push rim) so a player has the potential for a stronger push.

Disadvantages:

- ? The backhand is more difficult to control because of the more extreme racket angle.
- ? It is more difficult to spin serves and pronate the forearm.

### WHICH ONE?

For beginners, it may be a good idea to tape in a continental grip. However, if they are on track to become a competitive player, a switch after years of practice may be difficult. In the end, the player and coach will have to choose an option that capitalises on the player's individual style and strengths. The two players I have the honour to work with (Sarah Hunter and Brian McPhate) both have chosen taping a semi-western forehand. The reasoning for them is that it was more of an advantage to have a forehand that could be used to gain points and keep opponents under pressure with power or angles. It was also better for their mobility to be able to push harder. The disadvantage of the lack of pronation on overhead motions wasn't a factor since their lack of function in their racket hands and wrist didn't allow for effective pronation anyway.

As topspin is very difficult to achieve with that grip, the goal became to create an effective underspin groundstroke, one that doesn't pop-up, float, or 'plop' into the court weakly. There are many advantages for a wheelchair player to master an underspin backhand, none the least of which is being able to impact in different places (e.g. a little late, jammed, low, etc.) and still make an effective shot.

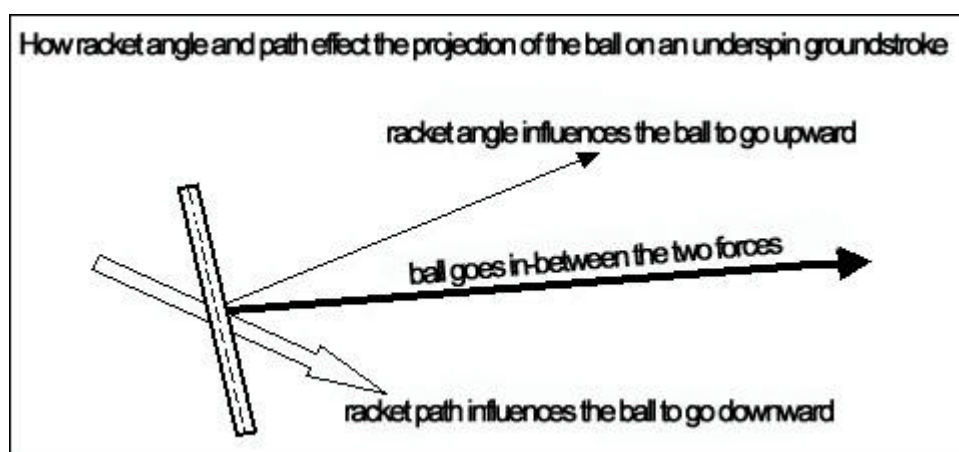
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***"In the end, the player and coach will have to choose an option that capitalises on the players individual style and strengths."***

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### BACKHAND TECHNIQUE

Technically, the determining factors involved in sending an underspin backhand are the *racket angle*, the *racket path* and the *racket speed*. To illustrate this, let's look at an underspin shot and the forces that interact between the racket's angle, path and speed. It is true that the ball received plays a role, but for this article, we will restrict our discussion to the ball projected.



It is important to note that the racket speed plays a significant role. Increasing the speed will make the influence of the racket path more dominant than the influence of the racket angle.

Whether taped in a continental or forehand grip, the angle of the racket becomes more of a constant. In other words, it is more difficult for the player to adapt the racket angle when the racket is fastened to their hand. It is possible to adjust the wrist to change the angle, but the trade-off is a weaker biomechanical position which may lead to inconsistency or even injury.

### **SO WHAT?**

Like all technical information, a coach must know how to apply the physics for it to become useful to the player. The important variable when the hand is taped becomes the racket path. **To command the trajectory of the ball, a player must learn to use the racket path as the controlling factor.**

### **TRAINING BY FEEL**

Coaching kinesthetically (helping a player feel how their body moves) is a powerful tool in this process. Players must be able to feel variations in the racket path (e.g. when the path is level, or high to low, and how steep). This is critical since, the player must create the appropriate racket path for every shot. Not being able to feel what is going on means the player will not be able to modify the path accordingly. Once a player is able to kinesthetically feel how to control the racket path, they are well on their way to having an effective backhand.



**Sarah Hunter (CAN) getting racket path information prior to taping**

Train the kinesthetic feel by letting the player experience the different paths. Let them see the different results of each path. Remember to keep the racket speed up or the ball will 'pop-up' or 'float' because the slightly open racket will dominate the ball.

### **CONCLUSION**

Choosing a grip to tape is a tactical choice that produces technical limitations. No matter which grip is chosen, a coach can minimise any limitations by knowing the factors that control the ball (racket Angle, racket Path, and racket Speed), and training a player to kinesthetically feel how to manipulate them.

# But We Always Do It That Way!

## One Bounce Wheelchair Tennis!

Randy Snow



*Randy is a ten times US Open champion, Paralympic Gold Medallist (1992) and NEC Masters Champion (1994). He was also the first ITF Wheelchair Tennis World Champion. He now devotes much of his time to passing on his wealth of knowledge to coaches and players alike.*

With only one rule change (two bounces), wheelchair tennis has functioned beautifully over the last 25 years, as hundreds of players have migrated to the courts. This simple rule adaptation has worked perfectly, changing what seemed impossible into not only a viable rehabilitative and recreational option, but into one of the most competitive sports today. Due to the intense levels of training, advancements in chair technology, a more aggressive tactical approach and the greatest motivator of all, money, the sport has surpassed the expectations of our godfather, Mr. Parks. By pushing the limits, we have seen players compete at unbelievable levels. Yes, folks, wheelchair tennis is looking good!

So I ask, why stop, why stop here? As with other sports, why don't we continue to push ourselves? I have an idea! I say lets cut 'em loose to use one bounce and go at it like the big boys? Lets let 'em venture where no gimp has gone before and drop the two-bounce rule. I say lets let 'em play the real deal!

Arguments against a one-bounce open division are steadfastly held by many. One friction point is Open players play most of the balls on the first bounce anyway, they already have the option. Why change?

Yes, this is true. But I wonder, at what pace and at what level would our best compete if they trained driven by one bounce thinking? Are they limiting the competitive advancement of the sport because two bounce ideology is establishing a developmental plateau? If they were mandated to play using one bounce, would anticipation improve even more, would engineering be pulled into even newer chair technology, would coaching and strategy mentor the athlete in the direction of the faster game?

*'The four-second rule in basketball led to the development of increased wheelchair mobility and better basketball. A simple rule change affected the entire population and improved the sport'.*

**Coach Frank Burns**

Another rendered argument is that over the years our numbers have levelled off. Wouldn't the strategy of one-bounce tennis be unfair to the more involved or paralysed tennis participants? Rather than pulling more people in, wouldn't speeding up the game actually have a negative effect on its growth?

As regards to the contribution of one-bounce tennis to the strategy of a player's functional diversity, if these players were competing with athletes of their own physical ability, which must not be misconstrued with potential, the improvements would be transparent, therefore possibly attracting more players to play the game.

Truthfully, I don't know if a T-4 para or a quad can or would want to play using one bounce. But we owe it to ourselves to look at it, to challenge our paradigms. Perhaps we should use the better players first, do some exhibitions, measure and quantify the viability. But I believe it's time.

I do believe this. I believe that Molier, Hall, Welch and Vergeer can play one-bounce tennis and play it well. And heck, Australian Dani Di Toro won't have to change a thing!

Some question the entertainment value of one-bounce tennis stating, "Oh great, serve and volley wheelchair tennis. I would rather watch a person stand in a standing frame."

As for the entertainment value, for true tennis fans the game is exciting and doesn't need to be *governed*. A true tennis fan is just as entertained by serve and return tennis as he is with long cross court rallies. Personally, I thoroughly enjoyed the Pat Rafter/Pete Sampras match at this year's US Open.

If we were to someday go to one-bounce tennis, re-educating our governing bodies and dealing with the confusion among our own players and divisions as to who is playing what, that would be inconvenient, granted. But is this a viable excuse to not make the move? Because it's inconvenient, does this justify staying the same?

Please understand that in no way am I representing the sentiments of the USTA, the National Committee or the ITF. I only speak for myself. Whether legitimate or not, we have all had experiences where we were driven by something difficult, with retrospection providing 20/20 hindsight as to the value of the proverbial carrot. Without stepping out of our comfort zones, we will never know our possibilities.

I invite us to think about it, talk among our circles and tumble it around for the purpose of making a collective, democratic and proactive decision for our sport.

*'When we discuss rule changes that challenge our current standards of performance we should remember that it is not our current level of performance for which we should be aiming, but our potential, which is unknown. Change the rule and challenge our potential. Athletic competition is about the pursuit of human potential.'*

**Paralympic Gold medal Coach Mike Frogley**

## Coaching a Team

Mark Bullock, ITF Wheelchair Tennis Development Officer



### **The role of the coach at the Invacare World Team Cup or similar team events**

The role of the coach at the Invacare World Team Cup is a vital one and can influence the outcome of ties. Member nations should carefully select the coach choosing a qualified, experienced person with wheelchair tennis experience.

In some cases it may be useful to send a second coach to World Team Cup as a coach education exercise. Countries with men's, women's, quads and juniors can appoint a team of coaches who can work together to share their experience and knowledge

### **Team Selection prior to the event**

The coach should be part of the selection panel and their views should be considered carefully as they have to manage and select the team during the event. Many countries have a selection criteria so the coach and players are fully aware of what is required from a team member. The Invacare World Team Cup is a combination of singles and doubles so this may influence team selection. Also the ability of a player to contribute to team spirit may be a factor. Nations have to consider whether to take three or four players as part of the team. The third and fourth players may not play so careful consideration needs to be given to how they may react to this situation.

### **Training of the team**

It is crucial that the coach accompanying the team at the event is involved in training them. The interaction of the coach and player on court at the Invacare World Team Cup is vital and the player must build a relationship with the coach for this partnership to be successful. Also, the training should be specific to the event with doubles training and practice matches being played with a coach on court. Support is often vocal at the Invacare World Team Cup so players should practise with fellow team members applauding and cheering to simulate the real situation. Also, the team should train on the same court surface as the event.

### **Team building prior to, and during, the event**

Building team spirit is vital prior to, and during, the event. Team building can be achieved in a number of ways. For example, some teams always have an

evening meal together during a team competition. If this is to be the case the players need to know what is expected of them.

Building a team spirit may involve players supporting each others matches. This can be complex for bigger teams where there are teams within teams, i.e. quads, juniors, men's and women's teams making up a national team. It is important that all members of the team understand what is required of them prior to the event starting.

### **Reconnaissance of site on arrival**

On arrival at the venue the coach should find out which courts are to be used for matches and which are for practice. The coach should establish how to book practice courts. Also, the coach should discover how the transport will function, where the repair station is, and whether there is a racket stringer on site. It may be that some tasks are delegated to the players depending on the situation. At World Team Cup, a player who is unlikely to play may be given the task of booking practice courts and transport.

The better prepared you are as a coach and as a team the more energy you have to focus on achieving the tennis related goals you have set for the tournament.

### **Attend meetings**

The coach should attend any meetings that are required in order to ensure the team is fully informed.

### **Daily team selection during the event**

At the event the coach is responsible for selecting the team for a particular tie. At the Invacare World Team Cup this involves selecting two singles players and a doubles team.



### **Sit on court during matches**

At the Invacare World Team Cup the coach sits on court and is able to give advice at change of ends. To be effective the coach needs to understand the players very well. The coach can have a very positive influence and spur on a player to a great victory. But, the coach can have

the opposite influence if there is a lack of understanding with the players.

### **Act as team manager during the event**

Countries sending a small team can utilise an experienced coach as a manager. This reduces the need to send another official and can help save on air fares. The coach can report back to the relevant parties on their return.

### **Organising practice during the event**

It is important that the coach gives careful consideration to the practice requirements of the team. Sometimes the practice courts are at a different venue. At the Invacare World Team Cup the competing teams may share the match court immediately prior to the tie commencing in the morning but this usually only allows a player 30 minutes.

### **Booking transport for the team**

The coach should ensure that they are familiar with the transport system to ensure that the team arrives at the event or practice venue. Sometimes there is a continuous shuttle, sometimes there is a timetable and in other cases teams are required to book transport.

### **Ensure that players are encouraged to use their free time in a constructive manner**

There can be a lot of dead time for the players. It is important that the coach provides an environment where the players can relax and use their free time in a constructive way. Ensure players have CD players, books etc. Players like to relax in different ways so this should be respected by the coach.

### **Attending functions with or on behalf of the team**

Many events have official functions and the coach may be required to represent his/hers country. It may be appropriate that the players relax so the coach is often the person who attends such events.

### **Undertake a debrief at the end of the event**

To ensure that improvements are made for future competitions the coach should undertake a debrief with fellow coaches and players to ensure that the team operates smoothly in the future.

### **Compile a report**

Following the event and the debrief the coach should write a report for the National Association.

## **Any other duties as required!!**

The role of the coach is a complex and varied one and they may be involve many duties. The Invacare World Team Cup is a great opportunity for coaches to learn and interact with other coaches. Coaches Workshops are held to give coaches a chance to increase their knowledge but of equal importance is the chance to interact with colleagues off the court.

*The rules & regulations that apply to the Invacare World Team Cup can be find in the Wheelchair Tennis Handbook which is available on the website: [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com).*

## **Fitness Corner**

Mark Bullock, ITF Wheelchair Tennis Development Officer  
Miles Thompson

*Miles Thompson is the Assistant Athletic Director at the Lakeshore Foundation in Birmingham, Alabama, USA. He is a qualified basketball and tennis coach and works with many wheelchair athletes. He was a member of the coaching staff at the ITF International Junior Camp held at the Lakeshore Foundation in August 2001.*

### **Wheelchair Skills & Fitness Workout**

The following exercises are given as a guide to help coaches improve their player's fitness and chair skills. It is recommended that all the exercises are done with a racket in the playing hand. It is not a definitive list of exercises and the work rest ratios should be set to suit the individual level of fitness and should be tennis specific to replicate the playing of points.

#### **1. Musical Push**

Players push up and down on court to music. When the music stops the players have to come to a complete stop. When the music starts again the players push off as powerfully as possible.

Purpose: to develop the first two pushes.

Focus points: hand speed, an explosive first push, complete stop



## 2. Power start and stop

Each player has a partner with both individuals in wheelchairs. One player lines up on the doubles sideline. The second player holds on to the back of the first player's wheelchair. The first player begins by taking two maximal pushes and then immediately comes to a complete stop. The first person repeats this across two tennis courts. The person behind holds onto the wheelchair the entire time. The person holding on behind should be careful of contact with the first player when they lean back to stop. The second player should also keep his/her arms straight to prevent contact between chairs when the first player stops. The players switch and repeat the exercise coming back.

Purpose: to develop the first two pushes

Focus points: hand speed, an explosive first push, complete stop

## 3. Tow

Each player has a partner with both individuals in wheelchairs lined up at the doubles sideline. One partner is in front of the other with the person behind holding onto the back of the first person's chair. The first person begins to push as fast as they can across one tennis court. At this point the person holding onto the wheelchair releases their grip while the first person continues to push as hard as they can, concentrating on maintaining hand speed.

Purpose: to develop speed

Focus points: get to top speed as quickly as possible, maintain high hand speed.

## 4. Backward partner pulls

Each person has a partner. One individual pushes themselves backwards with the second person holding onto the front of the first person's wheelchair. The partners switch positions once a lap of the court is complete.

Purpose: to develop overall pushing ability and maintain muscular training balance

Focus points: maintain speed at a high rate.

## 5. Forward hills

This drill is done individually in a wheelchair. Find a hill where the gradient can vary depending on the individual's level of fitness. Start at the bottom of the hill and sprint up the hill as quickly as possible. Once you reach the top turn around and coast to the bottom. Repeat.

Purpose: to develop pushing power and efficiency of technique.

Focus points: Maintain high rate of speed, explode into each push

## 6. Backward hills

As above with the exception that the individual is now pushing up the hill backwards as fast as they can.

Purpose: to develop pushing power, efficiency of technique and muscular training balance.

## 7. U turns

This drill is done individually in a wheelchair. Place an empty chair or wheelchair on the service line of the court. Begin with your wheelchair on the right side of the chair facing in the same direction as the chair. Pull back, making sure you clear the chair with your wheel, and turn your chair to the right 360 degrees and push forward so that you now have your wheelchair on the left side of the chair. Repeat this for the left side so that you begin by pulling back and clearing the wheel and turning 360 degrees to the left. You should end up where you originally started. Repeat this exercise as quickly as you can for the entire time of the station.

Purpose: to develop wheelchair control and the fast pull required to deal with 'trouble balls.'

## Winter Recovery - Meet Some New Friends

Greg Crump



*Greg Crump is the National Wheelchair Tennis Coach for Tennis Australia.*

Well here we are at the end of another long tennis season and it's time to take a break, or is it? This is the so called off season. Tennis unlike those other soft sports is played ten months of the year. A two month break is not really that long but here are some suggestions for the off season. Make sure you take care of all those niggling injuries . Yeah you know the one's that you

have been playing with the last six months. Take a bit of a break from the tennis court, spend one session a week on the court. However its now time to meet some new friends, the 'GYM' and the 'TRACK'. If you can get into the gym and track and put some condition on your body in the off season this will put you in pole position at the start of the next season and keep injuries to a minimum in the coming year. Now for the tennis court it's time to add to your game, rather than constantly working on those shot you never miss. If you can't think of anything, work on the two most important shots: serve and return. Very rarely do you serve and return well and lose the match.

They say holiday pounds don't count, but you will pay for them the whole year. Avoid the fast food, beer, and all that food you know is bad for you until you become a coach, then you can get yourself out of shape!

Remember it may be the off season but you still have to be thinking of the future and keep yourself fit. Keep this in mind while I'm off to have a beer ( I'm a coach)  
Cheers Crumpy.

## Wheelchair Tennis Publications

The books featured below are either specific to wheelchair tennis or contain information that is relevant to coaches working in this area.

### **ITF Wheelchair Tennis Coaches Manual (English)**

Written by Marko Polic

To order telephone +44 20 8392 4788 or print off an order form from [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com)

### **Issues 1,2,3 ITF Wheelchair Tennis Coaches Review (English)**

Available on [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com) or by contacting the ITF Office.

### **Wheelchair Tennis – Myth to Reality (English)**

Written by Randy Snow & Dr Bal Moore

To order telephone +44 20 8392 4788 or print off an order form from [itftennis.com](http://itftennis.com) (limited availability)

### **102 Wheelchair Tennis Drills (English)**

Written by Randy Snow & Dr Bal Moore

To order telephone ++1 888 832 8291. The item number for ordering is INS21. The cost is \$15 + shipping & handling.

### **More Than Tennis – The First 25 Years of Wheelchair Tennis**

Written by Sarah Bunting, this new colourful book gives an historical account wheelchair tennis since Brad Parks started the sport in 1976. This publication will bring back many fond memories for all those who have been involved in

the sport and will also provide inspiration for the future. It is available from the ITF Office at a price of \$20. A special price of \$10 will be charged at NEC Tour events where the book is available or if it is purchased in person at the ITF Office.

### **Being a Better Tennis Parent (English, French, Spanish)**

Written by Miguel Crespo and Dave Miley.

This is an important book for parents and coaches alike. With more and more juniors playing wheelchair tennis this publication gives parents sound advice on how to provide a healthy environment for their child to develop as a tennis player.

### **Pushing Forward (English)**

Former ITF World Champion and contributor to the Wheelchair Tennis Coaches Review, Randy Snow, has written a new book 'Pushing Forward'. The book is divided into three sections. The first section is an autobiography taking you through Randy's childhood, injury, rehab and then his wheelchair sports career. The second section presents some meaningful and illuminating stories about overcoming adversity and making a stand. The third section presents Randy's personal perspective of living life in a wheelchair.

This book is available from Kendall Hunt Publishing: tel.: ++ 1 800 228 0810 or [www.kendallhunt.com](http://www.kendallhunt.com)

### **ITF Coaches Manual (English, French and Spanish)**

The 125 page forms part of the ITF Level 1 coaching syllabus. Designed for coaches involved in teaching tennis at the introductory level in schools and clubs. It includes practical information on the role of the coach, mental training for beginner tennis, strategy and tactics, ball control, grips, the basic strokes, spin, class organisation, teaching progressions, drills and teaching formations, diagnosis and correction techniques, tournaments, equipment, and a glossary of tennis terms. It also includes an appendix with information on basic physical fitness and coaching children and young people in tennis.

### **ITF Advanced Coaches Manual (English, French and Spanish)**

The 334 page book forms part of the ITF Level 2 coaching syllabus. Designed for coaches working with players from club level to top national level. It includes practical information on the role of a coach, methodology of teaching tennis, strategy and tactics for tournament players, biomechanics of tennis, advanced stroke techniques, technical diagnosis and correction, mental training for tournament players, movement, physical conditioning for tournament players, doubles for tournament players, awareness of standards and analysis of players, goal setting, planning the tennis training, the training session, travelling with tournament players, coaching female tennis players, nutrition for tennis competition, and injury prevention in competitive tennis.

### **ITF School Tennis Initiative Teacher's Manual (English, French and Spanish)**

The 146 page book forms part of the ITF School Tennis Initiative. Designed

for school teachers and tennis coaches wanting to introduce mini-tennis into schools or clubs. It includes practical information on the philosophy of the ITF School Tennis Initiative, how children develop co-ordination, tennis fundamentals, 30 examples (and diagrams) of one hour lessons for children aged 5 - 8 years old, 30 examples (and diagrams) of one hour lessons for children aged 8 – 10 years old and follow-up programmes. It also includes an appendix with control charts for the STI programme, information on court conversion and competition formats. The diagrams in this book demonstrate very clearly the principle of integrating wheelchair tennis players into class sessions.

### **Coaching Children And Young People In Tennis (English)**

The 55 page book forms part of the ITF Level 1 coaching syllabus. It provides basic information on children's physical, mental and social development. It also includes practical information on important periods of child growth and the skeletal, physical, motor, mental, intellectual, social and emotional development of the child as well as information on injuries, hygiene, eating habits and the role of a coach.

### **Tennis Practices (English, French and Spanish)**

The 83 page book written by Charles Applewhaite is a collection of over 500 elementary exercises and games which help make practising tennis and teaching groups more interesting and enjoyable. It includes exercises for warm-ups, ball sense, groundstrokes, service, volleys, linked shots, wall practices, tactics and fun games.

### **ITF Competition Formats Manual (English, French and Spanish)**

A publication designed to increase participation in competitive tennis by encouraging the use of a variety of competitive formats by coaches/tournament organisers in events at club, regional and national level. Successful examples from over 25 countries are included in the Competition Formats Manual.

### **Group Tennis Drills For Competitive Players (English)**

The 164 page book forms part of the ITF Level II Coaches' Course and contains a collection of drills for advanced tennis players, with an emphasis on tactics and the five game situations.

### **ITF Coaches Review, Summary Issue (English)**

A collection of the first 15 issues of Coaches' Review, a tennis specific sports science publication, published three times a year by the ITF.

### **ITF Leadership, Management And Administration Manual (English, French and Spanish)**

The book (approx. 240 pages) forms part of the syllabus for the ITF's Administration Courses. It provides practical advice and information to assist leaders, managers and administrators in their various roles. It includes practical information on the organisational framework of tennis, the National Tennis Association, personal skills, planning, administration, meeting management, human resource management, marketing and mass

communication, and fund raising. It also includes an appendix with notes on standing orders for meetings, financial management for treasurers, developing players, coaches and officials, wheelchair tennis, an organisational evaluation form and a list of useful publications.

### **Top Tennis Coaching (English)**

The 76 page book is a summary of the Proceedings of the 11<sup>th</sup> International Tennis Federation World-wide Coaches Workshop which was held in Casablanca, Morocco in 1999. It includes the contributions of 18 speakers who presented at the event. Contributors include former world class players, top professional touring coaches, past and current Davis Cup or Fed Cup captains, leading tennis sport scientists and national coaches. Topics covered include: helping players to compete successfully, motivational climate in tennis, physical conditioning for children and top players, player development, poaching in doubles, and much more.

*All the above ITF publications are available by printing off an order form from [www.itftennis.com](http://www.itftennis.com).*

## **New books**

### **Tennis Medicine for Tennis Coaches**

Editors: Miguel Crespo, Babette Pluim, Machar Reid

This book is a vital resource for all tennis coaches and is particularly valuable for coaches who are working with players that are travelling. It covers a range of topics including physiology, injury prevention, rehabilitation, heat stress and nutrition and jet lag. There is an article on reducing injury risk in wheelchair tennis players written by Babette Pluim who is a member of the ITF Wheelchair Tennis Medical Commission.

### **The Tennis Volunteer**

Written by Miguel Crespo, Dave Miley and Machar Reid

Volunteers play a key role in wheelchair tennis. This book provides some important guidelines on how to recruit and retain tennis volunteers.

*Both of the above publications are available by printing off an order form from [www.itftennis.com](http://www.itftennis.com).*

### **'Seize The Day' Tanni Grey -Thompson. My Autobiography**

Written by Tanni Grey -Thompson with Rick Broadbent

Although Tanni is not a wheelchair tennis player this book gives coaches a great insight into the life of a top class wheelchair athlete. Representing Great Britain, Tanni has won nine gold medals at three Paralympic Games. Published by Hodder & Stoughton in hardback this book is priced at £17.99.

## Websites

The following sites offer useful information to coaches in wheelchair tennis.

[www.snoooz.com](http://www.snoooz.com): this site has a wide range of tennis news, information and job vacancies. Also featured are some articles written by Mark Bullock, ITF Wheelchair Tennis Development Officer, that have also appeared in the ITF Wheelchair Tennis Coaches Review.

[www.spinlife.com](http://www.spinlife.com): this is a commercial site aimed at selling wheelchairs. It also carries some coaching articles including some written by Randy Snow.

## More information

If you would like information on programming or coaching wheelchair tennis do not hesitate to call the ITF Wheelchair Tennis Department on ++44 (0)20 8392 4788.

If you know of other coaches who would like to receive wheelchair tennis coaching information please ask them to send their name, address, email and an outline of their coaching experience to [mark.bullock@itftennis.com](mailto:mark.bullock@itftennis.com) or fax ++ 44 (0)20 8392 4741.

<p>The articles in Wheelchair Tennis Coaches Review are written by a variety of contributors and the opinions expressed are not necessarily those of the ITF.</p>
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