

No	Course
1	Q & A – Strategy and tactical analysis of high-performance junior tennis
2	Analysis of advanced stroke production: Introduction
3	Case Study – Conditioning for advanced tennis players I
4	Case Study – Periodisation of high-performance players I
5	Case Study – Planning in tennis organisations I
6	Case Study – Psychology for advanced tennis players I
7	Doubles for advanced players: Introduction
8	Ethics in Coaching
9	Goal setting for advanced players
10	How much do I know about tennis?
11	Introduction - Coaching players with intellectual disabilities
12	Introduction to Biomechanics for advanced players
13	ITF Coaching Beginner and Intermediate Players Course - Introduction
14	ITF Coaching Beginner and Intermediate Players Course – Introduction to analysis and improvement
15	ITF Coaching Beginner and Intermediate Players Course – Introduction to biomechanics and movement
16	ITF Coaching Beginner and Intermediate Players Course - Introduction to competition
17	ITF Coaching Beginner and Intermediate Players Course - Introduction to doubles
18	ITF Coaching Beginner and Intermediate Players Course – Introduction to physical conditioning
19	ITF Coaching Beginner and Intermediate Players Course – Introduction to psychology
20	ITF Coaching Beginner and Intermediate Players Course - Introduction to skill acquisition
21	ITF Coaching Beginner and Intermediate Players Course – Introduction to sports medicine, growth and development
22	ITF Coaching Beginner and Intermediate Players Course - Knowing yourself as a coach
23	ITF Coaching Beginner and Intermediate Players Course - Player development
24	ITF Coaching Beginner and Intermediate Players Course - Strategy and tactics
25	ITF Coaching Beginner and Intermediate Players Course - Teaching methodology
26	ITF Play Tennis Course - Introduction
27	ITF Play Tennis Course - Introduction to communication (1)
28	ITF Play Tennis Course - Introduction to communication (2)
29	ITF Play Tennis Course - Introduction to equipment
30	ITF Play Tennis Course - Introduction to strategy & tactics
31	ITF Play Tennis Course - Introduction to Tennis10s
32	ITF Play Tennis Course - Introduction to the different types of drills

33	ITF Play Tennis Course - Introduction to the Play & Stay campaign
34	Match data for tactical analysis
35	Parents of Beginner Players - Introduction to tennis
36	Player profiling for advanced players: Introduction
37	Q & A – Arousal control for high-performance tennis players: Fundamentals
38	Q & A – Biomechanics – Balance for advanced tennis stroke and movement production: Fundamentals
39	Q & A – Biomechanics – Coordination chain for advanced tennis stroke and movement production: Fundamentals
40	Q & A – Biomechanics – Elastic energy for advanced tennis stroke and movement production: Fundamentals
41	Q & A – Biomechanics – Inertia for advanced tennis stroke and movement production: Fundamentals
42	Q & A – Biomechanics – Momentum for advanced tennis stroke and movement production: Fundamentals
43	Q & A – Biomechanics – Opposite force for advanced tennis stroke and movement production: Fundamentals
44	Q & A – Biomechanics and angular momentum in high-performance tennis: Fundamentals
45	Q & A – Biomechanics and development of racquet speed in high-performance tennis: Fundamentals
46	Q & A – Biomechanics and linear momentum in high-performance tennis: Fundamentals
47	Q & A – Biomechanics and on-court movement in high-performance tennis: Fundamentals
48	Q & A – Biomechanics and teaching methodology of high-performance tennis: Fundamentals
49	Q & A – Biomechanics of high-performance tennis: Fundamentals
50	Q & A - Blind tennis I
51	Q & A – Cognitive strategies for high-performance tennis players: Fundamentals
52	Q & A - Contemporary coaching of technique
53	Q & A – Coordination for high-performance tennis players: Fundamentals
54	Q & A – Coordination in tennis: Fundamentals
55	Q & A – Endurance for high-performance tennis players: Fundamentals
56	Q & A – Flexibility for high-performance tennis players: Fundamentals
57	Q & A – Goal setting and motivational climate for high-performance tennis players: Fundamentals
58	Q & A - History of tennis I
59	Q & A – Hydration in tennis: Fundamentals
60	Q & A – Injuries in tennis: Fundamentals
61	Q & A – Marketing and communication in tennis: Fundamentals
62	Q & A – Movement and footwork in tennis: Fundamentals

63	Q & A - Nutrition in tennis: Fundamentals
64	Q & A - Overtraining in tennis: Fundamentals
65	Q & A – Periodisation for high-performance tennis players: Fundamentals
66	Q & A – Planning – Creating a tennis development plan: Fundamentals
67	Q & A – Power for high performance tennis players: Fundamentals
68	Q & A – Psychology – Concentration for advanced players: Fundamentals
69	Q & A – Psychology – Confidence for advanced players: Fundamentals
70	Q & A – Psychology – Emotional control for advanced players: Fundamentals
71	Q & A – Psychology – Motivation for advanced players: Fundamentals
72	Q & A – Psychology of high-performance tennis players: Fundamentals
73	Q & A – Rituals and routines for high-performance tennis players: Fundamentals
74	Q & A – Skill acquisition for high-performance tennis players: Fundamentals
75	Q & A - Speed and agility for high performance tennis players: Fundamentals
76	Q & A – Strategy and tactical analysis of court surface influence on high-performance tennis
77	Q & A – Strategy and tactical analysis of high-performance men’s tennis
78	Q & A – Strategy and tactical analysis of high-performance women’s tennis
79	Q & A – Strategy and tactics for high-performance tennis players: Fundamentals
80	Q & A – Strength and conditioning for high performance tennis players: Fundamentals
81	Q & A - Strength for high-performance tennis players: Fundamentals
82	Q & A – Teaching tennis grips: Fundamentals
83	Q & A – Technique of the high-performance serve
84	Q & A – Tennis and modified equipment: Research findings
85	Q & A - Tennis and the Olympic Games I
86	Q & A – Tennis grips: Fundamentals
87	Q & A - Tennis participation data
88	Q & A - Tennis periodisation I
89	Q & A – Tennis physiology: Fundamentals
90	Q & A – Tennis technology: Fundamentals
91	Q & A – Visualisation for high-performance tennis players: Fundamentals
92	Teaching methodology for advanced players: Introduction
93	Tennis Xpress: Fundamentals of teaching tennis to adult players
94	The business of coaching tennis - Introduction
95	Training female tennis players
96	Travelling with advanced players

97	Understanding the ITF Junior Tennis Initiative (JTI)
98	Variability in tennis training