

REFERENSER

Björklund, G., Swarén, M., Johansson, F. (2026). Rally and recover: Physiological demands between tennis drills. *PLoS One*, 21(1), e0340767.
<https://doi.org/10.1371/journal.pone.0340767>

Björklund, G., Swarén, M., Norman, M., Alonso, J., & Johansson, F. (2020). Metabolic demands, center of mass movement and fractional utilization of VO_2max in elite adolescent tennis players during on-court drills. *Frontiers in Sports and Active Living*, 2, Article 92.
<https://doi.org/10.3389/fspor.2020.00092>

Canadian Sport for Life. (2019). *Long-term development in sport and physical activity 3.0*.
<https://sportforlife.ca/wp-content/uploads/2019/06/Long-Term-Development-in-Sport-and-Physical-Activity-3.0.pdf>

Côté, J., & Gilbert, W. (2009). An integrative definition of coaching effectiveness and expertise. *International Journal of Sports Science & Coaching*, 4(3), 307–323.
<https://doi.org/10.1260/174795409789623892>

Côté, J., Turnnidge, J., & Vierimaa, M. (2016). A personal assets approach to youth sport. In N. L. Holt (Ed.), *Routledge handbook of youth sport* (pp. 243–255). Routledge.

Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *American Psychologist*, 55(1), 68–78.
<https://doi.org/10.1037/0003-066X.55.1.68>

Fahlström, P. G., Glemne, M., & Linnér, S. (2016). *Goda idrottsliga utvecklingsmiljöer: En kunskapsöversikt*. Riksidrottsförbundet.

Fernandez, J., Méndez-Villanueva, A., & Pluim, B. M. (2006). Intensity of tennis match play. *British Journal of Sports Medicine*, 40(5), 387–391.
<https://doi.org/10.1136/bjism.2005.023168>

International Tennis Federation. (2021–2023). *Junior-to-pro transition and competitive pathway data*. ITF Development Publications.

International Tennis Federation. (2023). *ITF junior rankings, tournament categories and player development overview*. International Tennis Federation.

Jayanthi, N., Schley, S., Cumming, S. P., Myer, G. D., Saffel, H., Hartwig, T., & Gabbett, T. J. (2022). Developmental training model for the sport specialized youth athlete: A dynamic strategy for individualizing load-response during maturation. *Sports Health*, 14(1), 142–153.
<https://doi.org/10.1177/19417381211056088>

Johansson, F., Cools, A., Gabbett, T. J., Fernandez-Fernandez, J., & Skillgate, E. (2022). Association between spikes in external training load and shoulder injuries in competitive adolescent tennis players: The SMASH cohort study. *Sports Health*, 14(1), 103–110.
<https://doi.org/10.1177/19417381211051643>

Kovacs, M. S., Roetert, P., & Luborsky, J. (2015). How ATP top 100 players succeed. *International Journal of Sports Science & Coaching*, 10(4), 587–603.
<https://doi.org/10.1260/1747-9541.10.4.587>

Lawn Tennis Association. (2020). *High performance development principles and pre-pubertal coaching models*. Lawn Tennis Association.

Lloyd, R. S., & Oliver, J. L. (2012). The youth physical development model: A new approach to long-term athletic development. *Strength & Conditioning Journal*, 34(3), 61–72.
<https://doi.org/10.1519/SSC.0b013e31825760ea>

Perri, T., Reid, M., Murphy, A., Howle, K., & Duffield, R. (2023). Differentiating stroke and movement accelerometer profiles to improve prescription of tennis training drills. *Journal of Strength and Conditioning Research*, 37(3), 646–651.
<https://doi.org/10.1519/JSC.00000000000004318>

Schinke, R. J., Stambulova, N. B., Si, G., & Moore, Z. (2024). International society of sport psychology position stand: Elite athlete mental health revisited. *International Journal of Sport and Exercise Psychology*.
<https://doi.org/10.1080/1612197X.2024.2359872>

Sport for Life Society. (2019). *Long-term development in sport and physical activity 3.0*. Canadian Sport for Life.

Tennis Australia. (2018). *Junior development framework and competition guidelines for U10–U12 players*. Tennis Australia.

Tennis Australia. (2024). *Player development matrix: Holistic player development framework*. Tennis Australia.

Tennis Canada. (2016). *Long-term athlete development and high performance player pathway*. Tennis Canada.

Tennis Europe. (2022). *Junior competitive structure and player pathway for U12–14*. Tennis Europe.

United States Tennis Association. (2019). *High performance coaching guidelines*. USTA Player Development.

Vissek, A. J., Achrati, S. M., Mannix, H. M., McDonnell, K., Harris, B. S., & DiPietro, L. (2015). The fun integration theory: Toward sustaining children's and adolescents' sport participation. *Journal of Physical Activity and Health*, 12(3), 424–433.
<https://doi.org/10.1123/jpah.2013-0180>

Women's Tennis Association. (2023). *Player pathway and development indicators*. WTA Player Development Publication.

Zmajic, H. (2011). Coach education systems in Europe: Competencies and development models. *ITF Coaching and Sport Science Review*, 54.

Zmajic, H. (2015–2024). *Coach education philosophy, development methodology and applied training frameworks*. Swedish Tennis Association Coach Education Material.