



Tennis and Padel: Performance and Health

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Message from the Guest Editors

Racquet sports include a wide variety of disciplines such as tennis, badminton, padel, squash and table tennis, among others. In this case, we will focus on two representative racquet sports: tennis and padel. The male, female and adapted modality categories of those sports are very popular with practitioners as well as researchers. Due to the increase in the speed of play in competitions, the technical, tactical, physical and psychological demands on play, coaches and physical trainers mean that they have to evolve and adapt their training systems to the new trends and requirements of the game. In addition, the practice of these modalities has great health benefits.

The main aim of this Special Issue is to publish high-quality, multi-disciplinary research focused on tennis and padel sports and relating to health and performance. We look forward to receiving contributions related (but not limited) to the following topics:

strength and conditioning; motor and control learning; performance analysis; adapted sports; testing; biomechanics; injury prevention; health promotion





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Message from the Editor-in-Chief

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