

## Special Issue

# Advanced Studies in Ball Sports Performance

### Message from the Guest Editors

The popularity of racket sports can be observed across the world, with the elite performance observed in most famous racket sports reaching new heights. In tennis, we are witnessing an incredible battle between the top players, while table tennis and badminton are now amongst the highlights of the Olympics. Never have there been so many squash players from so many countries among the world's best. In addition, we are observing the rapid spread of padel, whose popularity is breaking all records. The commonality of all of these games is the fact that they are easy to enjoy. On the other hand, they are complex games in which performance at the highest level depends on several parameters and their synergistic effects. The aim of this Special Issue is to encourage researchers in the field to publish recent findings that in areas including physical conditioning or movement behavior, especially in terms of biomechanics. Contributors are encouraged to submit manuscripts containing original research, systematic reviews, methods, curriculum instructions and pedagogy, data reports, technology and code.

### Guest Editors

Prof. Dr. Bernardino Javier Sánchez-Alcaraz Martínez  
Faculty of Sport Sciences, University of Murcia, 30720 San Javier, Spain

Prof. Dr. Diego Muñoz Marín  
Faculty of Sport Sciences, University of Extremadura, 10005 Cáceres, Spain

### Deadline for manuscript submissions

20 August 2025



## Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/si/225617](https://mdpi.com/si/225617)

*Applied Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[applsci@mdpi.com](mailto:applsci@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[applsci](https://doi.org/10.3390/applsci)





# Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/journal/  
applsci](https://mdpi.com/journal/applsci)



## About the Journal

### Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

---

### Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo  
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,  
20133 Milano, Italy

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering )