

Abstract

Title: Evaluation of selected aids used in tennis training for children of early school age

Objectives: The main goal of this thesis is to assess the efficiency of gathered tennis aids used in tennis training for children of early school age (6–11 years).

Methods: The selected methods for achieving the established goals are research of available literature and sources and their consequent analysis and synthesis.

Results: A well-arranged description, classification and efficiency evaluation of tennis aids were created in this thesis based on the examination of available sources related to tennis. A process of putting aids into the training plan according to the relevant principles was introduced. The result of this work is a classification of the selected tennis aids to aids for beginners, intermediate and advanced users based on their usage. The main criteria for putting the aids into training are age and sport level. It mostly depends on the experience of the trainer to put the aids in the training unit according to the sport training rules appropriately. Methods created based on the research of available literature are justified and analyzed in detail in the analytic-descriptive part of this work and its conclusion.

Keywords: tennis, aids, aids classification, aids efficiency, early school age, tennis training, tennis preparation