

Abstract

Title of the bachelor's thesis:

Long-term tennis development

Aim of the bachelor's thesis:

The aim of this bachelor's thesis is to analyze, evaluate and describe the meaning of long-term development in tennis training for preparation of young tennis players to their later performance and sports career.

Methods used in the bachelor's thesis:

This bachelor's thesis has a theoretical character and it is based on domestic and foreign literature review. There was applied the method of content analysis of documents along with general research method, analysis – synthesis and inductive – deductive approach.

Achieved results:

The result of this thesis is analysis, evaluation and description of long – term development in tennis training. Benefits of multilateral development in preparation of young tennis players versus early specialization.

Key words:

Long-term development, early specialization, sports preparation of children, premature exhaustion of adaptation capacity, health aspects, importance of sports competitions