

ABSTRACT

My diploma thesis focuses on the introduction of the MS GEM tennis school and its new training program, on its effect on the development of motor skills in 10 to 12-year-old tennis players compared to effect of other traditional programs.

The first chapter belongs to characterization of training process in general, motor skills and means of their development and to the description of differences between different age group's training process. The rest of the theoretical part is introducing the MS GEM tennis school's new training program. There i apply my mind to the content of our training lessons and why we think that our training program is more suitable and beneficial than traditional training programs which usually take place on the court only (or partly end up using a tennis trainer). Our training lessons are always split into two parts – in the first one our players train tennis-related motor skills and abilities. The other part of the lesson is always more versatility-related one.

The experiment that i conducted took 9 weeks to finish. Six participants were split into two groups (there were boys at the age of 10, 11 and 12 in both groups) and trained for 9 weeks, once a week, in different manner. I created a set of 8 exercises which were designed to test our participant's motor skills. My task was to determine whether or not the experimental group (which trained for 9 weeks using the MS GEM tennis school's new training program) will show bigger improvement in results in testing exercises than the group which trained by using traditional training methods. The experiment's findings are elaborated in the chapter four Discussion and also stated in the last and fifth chapter called Conclusions. The goals of my thesis were accomplished and I managed to approve and disapprove my hypothesises.

The experiment proved that the group of players taking part in the MS GEM tennis school's new training program showed bigger improvement in results in testing exercises than the group which trained by using traditional training methods.

Content of this diploma thesis is meant for starting tennis coaches and general public.

KEYWORDS

Tennis, motor skills, training program