

## **Abstract**

### **Title:**

Development of tennis technique

### **Objectives:**

The main object of this thesis is to analyse the fundamental factors that affect the development of tennis technique. Furthermore, this thesis presents the most common deviations from the optimal tennis technique, including their possible causes, and consequently suggests possible corrections that would help optimise the technique.

### **Methods:**

Based on the analysis of documents, are present the fundamental factors that influence tennis technique. Specific selected deviations are develop from the optimal tennis technique on the parts of the basic strokes, in which the specific deviations, its description and the causes are stated. Furthermore, methods of correction to eliminate the mentioned technical deviations are proposed. This methods are based on the analysis of documents and observations from our own past experience.

### **Results:**

The result is a detailed analysis of factors that affect the development of tennis technique. Furthermore, a list of deviations from the optimal technique with possible causes and proposed methods of their possible correction. The theoretical basis of the work deals with tennis technique as a fundamental factor influencing sports performance in tennis.

**Keywords:** Biomechanics, exercises, correction, deviation, stroke