

Summary

Title:

Strength Preparation in Tennis and its Application for Individual Phases of the Yearly Training Cycle.

Objectives of my dissertation:

To propose the model of the strength preparation in the yearly training cycle for junior's and senior's tennis players. To specify the strength preparation from the viewpoint of that, what period of the yearly cycle it takes place at. To compile a couple of exemplary variations of strength training for the each of the periods.

Method:

On the basis of the literature search was compiled the suggestion of the optimal solution to given problems.

Results:

It allowed better understanding of the problems in tennis strength preparation. It cleared the manner of its effective application in trainings work.

Keywords:

tennis, condition preparation, strength abilities, strength training