

ABSTRACT

Title: A case study of amateur tennis players

Objectives: The aim of the bachelor thesis is to evaluate the degree of improvement of tennis technique and accuracy of tennis strokes in pre-selected amateur tennis players.

Methods: The first used method was the data collection method using an online survey, the method of direct observation of the players during training units was used to obtain partial results and the third method was testing, which took place at the beginning and end of the training period using the "ITN On Court Assessment".

Results: Both players improved their technique and the accuracy of their tennis strokes. Player #1 improved his stroke accuracy by 1 whole level in the "ITN On Court Assessment". In the first testing (at the beginning of the training period) the player scored 126 points, while in the testing at the end of the training period he scored 172 points. Player 2's improvement in stroke accuracy was less, scoring 162 points in the first testing and 175 points in the testing at the end of the training period. Player 2's stroke technique improved twice as much. Players gained awareness of the game of tennis, know the basic rules of the game and know how they should move on the court.

Keywords: Tennis technique, training, improvement, training period, ITN On Court Assessment.