

## **Abstract**

The bachelor thesis focuses on the evaluation of backhand technique in tennis. The backhand is one of the key skills in this sport and an accurate evaluation of this technique is essential to achieve success at the professional level. The aim of this evaluation is to analyse and assess various aspects of backhand technique, including fundamental elements, biomechanics and effectiveness. The evaluation begins with an analysis of the basic elements of backhand technique. This includes correct player stance, correct foot placement, correct hand position and accurate arm movement. These basic elements are key to the stability, control and power of the backhand stroke. The next part of the assessment deals with the biomechanics of the backhand stroke. The movement of the player's arm, shoulder and trunk are studied and how these factors affect the performance of the backhand. A thorough analysis of the biomechanics allows the identification of any errors in the player's technique and suggests improvements. The effectiveness of the backhand technique is another key aspect of the evaluation. Factors such as hitting power, control, ball rotation and accuracy are taken into account. These factors influence how a player handles backhand situations during a match and how effectively he can respond to opponents' shots. The one-handed and two-handed backhand and their specific characteristics are evaluated separately, and conclusions and recommendations for improving backhand technique are presented at the end of the bachelor thesis. Based on the analysis of the basic elements, biomechanics and efficiency, it is possible to identify areas in which the player can improve his technique. Recommendations may include training exercises, individual instruction, and monitoring of practice or match records. Overall, the evaluation of backhand technique in tennis is an important tool for players, coaches and analysts. It provides an objective view of a player's current technique and suggests opportunities for improvement. An accurate backhand technique assessment can help a player achieve greater success on the tennis court.

**Keywords:** Tennis, backhand, one-handed backhand, two-handed backhand, backhand technique, biomechanics, efficiency, training