

Abstract

The submitted bachelor thesis is titled "Fitness Training for Junior Tennis Players." The main objective of the bachelor thesis is to create a fitness program based on the study of professional literature and previous experiences from qualified courses and studies at the Faculty of Physical Education and Sport (FTVS). The fitness program was developed for a group of three boys and three girls, and its effectiveness was verified through pre-test and post-test measurements.

Within this bachelor thesis, a qualitative method was utilized - testing according to the testing batteries of the Czech Tennis Association (ČTS) and the International Tennis Federation (ITF). The results were compared with the standards of the Czech Tennis Association and the German Tennis Association.

It was found that the training program we created was effective in 9 out of 10 tests. One unsuccessful test concerned endurance and was created by the International Tennis Federation. Improvement in endurance test according to the Czech Tennis Association occurred in all children of the tested group. The program thus brought improvement in dynamic strength, speed abilities, coordination, flexibility, and endurance capabilities by 50%. In comparison with the standards of the Czech Tennis Association, it was found that some children even meet standards above their age, while in some tests they do not meet standards because they are designed for children aged 9 and older, and our tested group also included younger participants.

Keywords: fitness training, tennis, babytennis, sports training, younger school age