

## ABSTRAKT V ANGLICKÉM JAZYCE

**Title of the work:** Optimal tennis training in the younger school age

**Objective of the work:** Objective of this work is to get together theoretical information about sporting preparation of children with information about preparation in the specific sport – tennis and writing of methodical material understanding for all trainers. We present a complete material about methodic of training children in the younger school age with connection of theory from the sphere of sports training, psychology of sports and sports preparation of children with practical experience from training of children and youth.

**Method:** Collection of literature about training children in the younger school age, special tennis literature about that sphere and literature about information of general skills of children's development in younger school age.

**Results:** The result is the methodical material about basic principles in the training of tennis children in the younger school age. The work describes optimal training process of children in the age of 6 – 11 years suiting tennis specialization.

**Keywords:** Conception of training for long time, basic training, sensitive period, co-ordinate ability, general skills, the younger school age