

Abstract

Title: Usage training in sports preparation babytenises in tennis purposes

Objectives: Major goals those work is contribute to solving problems optimalization training disposition babytenistů, 7 as far as 10years old tennis player plus proposal, check plus evaluation built - up training macro - cycle.

Methods: In ours work we're used method testing by the help of built - up battery tests plus resulting analyses measured of dates. Second method was subjective evaluation on the grounds participantního sightingthat the we're do along application training programme rekord.

Results: Found out we're, didn't we built - up training programme succeed in all tested regions kinetic abilities at us built - up g shell fruitfulness. On the grounds subjective sighting be in at most tested persons ascertained visible improvement in kinetic manifestation.

Keywords: babytenis, sports training, training preparation