

Title:

The Development of Techniques and Tactics of Tennis, including Current Teaching Methods

Summary:

This bachelor thesis deals with the historical facts of tennis, charting the development of rackets, balls, and surfaces. Besides a brief description of the rules of tennis along with appropriate recommendations for beginners, the thesis covers the development of tennis techniques and tactics. In addition, previous training methods are compared with those of today and their regularities are clarified. Suitable technical manuals and sports websites were used as sources in this work. In conclusion, tennis has passed through many stages and improvements as a sport (not only in terms of teaching methods) since its inception, and it can be reasonably assumed that this trend will continue.

Keywords:

history, development, comparisons, recommendations, training