Abstract

Title: Training and competitive activity in the age category minitenis.

Objectives: Description, analysis and subsequent evaluation of the training process and competitive activity in the age category minitenis

Methods: Observation, document analysis, interview with using the instructions

Results: From the first part of the interview it was obvious that five of six surveyed persons recruit efficiently in a way that gets results. The second part of the interview was focused on the organization and layout of the training itself. I discovered that coaches are trying to lead their training sessions in initiative way. Composition of their training is in accordance with the general principles of sports training. From the result of the third part arise that the half of the couches do not prefer to involve such small children in competitions of individuals but rather they encourage matches played in teams.

Keywords: minitenis, babytenis, recruitment, tournament, training, coach, sports training children