

Abstract

Title: Temperament and its consideration in the formation of training units in tennis for younger pupils.

Objectives: The aim of the thesis is to determine temperament of pupils, to apply model training unit and find out how much influence their athletic performance during training.

Methods: In this paper is use subjective method of observation, analysis methods of artistic expression, assessment method using a numerical rating scales and questionnaires investigation detecting subjective feelings from trained unit.

Results: I found that the most frequently occurring is sanguine temperament, around fifty percent, then the least frequent is melancholic temperament. I also observed that temperament should really be an integral part in the creation of training units in tennis for younger pupils. Almost all tested (14/15) has seen positive reception during training units of their temperament and negative using opposing units. Likewise, it was with efficiency and dedication of younger pupils during training.

Keywords: pupils, tennis, temperament, training unit, psyche