

## **Abstract**

The graduation thesis deals with fitness training of children tennis players. The fitness training plan to improve fitness and skill levels of an experimental group has been designed by the author of the thesis on the basis of findings of scientific literature. The research part of the thesis was conducted by experiment. The experiment compares the differences in growth of performance between the experimental group and the control group and answers the basic question of the thesis if the designed plan is useful and fully operational for fitness training of children tennis players. In the conclusion the author presents the evaluation of her findings for further work with children.