

Abstract

Title: Play and stay 10s system

The thesis „Play and stay 10s system“ follow up compilation of available literature dealing with training of children under 10 years old. This system is also applicable to older children beginners or even adult beginners. The aim of the thesis is to analyze this system preferred by ITF and subscribe it to Czech trainers and coaches or those who are interested in tennis methodology for this age category. The problem in this category is the fact that a large amount of athletes have other sport opportunities than tennis. The outflow of athletes from this sport is caused by direct corrective form of teaching that children do not like. And as many people think, it goes to collective and more entertaining sports where the game itself is beginning from first lesson. The slogan of tennis 10s is „Serve, rallye, score“. This system has caused worldwide rise and popularity among children and adults. Tennis taught in this way is more attractive and fun.

Key words: tennis, methodology, training of children under 10 years, fun form, midi court