

Abstract

Title: The evaluation of tennis technique and game level of female adolescent tennis players

Objectives: The aim of this thesis is to evaluate and compare tennis technique of selected strokes and game level of adolescent female tennis players.

Methods: For my diploma thesis, I have chosen methods of testing, participant observation and scaling. The research group consisted of four players aged 16–17. I had tested these players using the ITN test, based on which I determined their game level. I used a method of participant observation in order to collect data for the evaluation of selected strokes' technique. Specifically, I observed the players during their training and sessions and made video records of them. Collected data were evaluated based on Likert scale, which contains of six levels.

Results: Based on testing, the players were placed in three ITN categories (ITN 5, ITN 6 and ITN 7). The game level of all players is intermediate. According to the ITN test, the strongest part of their game are groundstrokes. On the other hand, the weakest spot of their game are volleys and serve. The players were able to estimate their strengths and weaknesses in almost all cases. In terms of technique, each player has a different stroke as their best one. It does not apply that the player with the best tennis technique reaches the highest game level. The imbalance between the correctness of the technique and game level among chosen players is probably caused by psychic factor.

Key words: tennis, International Tennis Number (ITN), technique of tennis strokes