

# Abstract

**Title:** Fitness training for young tennis players ages 10 to 12.

**Objectives:** The aim of this thesis is to build a fitness program suitable for the age group of younger pupils, to verify its effectiveness and transferability of sports training tennis players.

**Methods:** In our work we used the method of testing using the assembled battery of tests and subsequent analysis of measured data. The second method was a survey ascertaining subjective feelings regarding the intensity of the fitness program.

**Results:** We found that our own compiled training program was successful in all areas of tested physical abilities. Strength capability was most likely influenced by: the conditioning program (32%), coordinating-speed capability (8%), power-endurance capability (48%), speed-endurance capability (8%), and speed capability (5%). From the feedback of the questionnaire survey, we found that the fitness program was demanding, but manageable.

**Keywords:** children and youth, sports training, fitness training, tennis