

Abstract

Titel: Preparation for beginning to be active in professional tennis

Goals: Goal of my work is to analyze general preparation for children to start actively in performance tennis, are conditioning, technique, tactics, and physiological preparation.

Method: For being successful of the assigned tasks, we used diagnostic methods and processed the following analysis of their data in fitness, technique training, tactics, and physiological preparation.

Results: They compare general preparations of baby tennis players and show diagnostics while working with children.

Key words: Tennis, babytennis, condition, technique, tactics, mentally.