

## **ABSTRACT**

**Title:** Athletic preparation in Tennis

**Objectives:** The aim of work is to show up how important is to add athletics exercises to preparation of tennis players at all age categories. Creating a list of exercises, which will help coaches to prepare an athletic training lesson for tennis players.

**Methods:** A literature review was conducted. Information was obtained from the Czech and foreign literature, consultation with selected specialist's lectures, complemented with the author's own experience as a coach.

**Results:** Although we can find many researches and literature about fitness training for tennis players, the importance of athletic training as part of conditioning is mentioned in literature very spontaneously. To build an optimal training lessons, it was necessary to use general literature and to use coaching experiences of the author of this bachelor thesis.

**Keywords:** physical abilities, children, player, fitness training