

## **Abstract**

**Title:** Stack of exercises for tennis preparation

**Objectives:** The aim of the thesis was to create a stack of exercises for four parts of tennis training: technical, tactical, psychological and fitness.

**Methods:** Based on the analysis of the literature, internet sources and using my own experience, a stack of exercises was compiled to serve as a possible inspiration for tennis coaches. This was a deliberate selection of exercises according to my own experience and discretion. The stack included simple exercises for beginners as well as more challenging and less traditional exercises for advanced and more mature players.

**Results:** The exercises in the stack are arranged progressively from the least challenging to the more challenging in each component of preparation. Each section contains at least 10 examples of exercises that focus on a selected issue. For each exercise, the title and objective are given, the exercise is described and explained, and for selected exercises a note, an example, a variation or an illustrative picture or photograph is included.

**Keywords:** tennis exercises, technique, tactics, psychology, fitness