

## **Abstract**

**Title:** Development of coordination skills in tennis

**Objectives:** The bachelor thesis is divided into two parts. The first part is the theoretical part, the objective of which is to inform about the distribution of movement abilities and fitness factors. The objective of the second part of the thesis is to create a stack of exercises for the development of coordination in tennis for the age group 6-15 years.

**Methods:** In the practical part, I first conducted a research and studied the available sources dealing with this issue. I tried to analyze not only literary or internet sources, but also videos on social networks and training units of top tennis players. From this knowledge I sorted and selected suitable exercises for my work.

**Results:** The result of this work is a battery of exercises that relate to the development of coordination skills.

**Keywords:** coordination in tennis, technique, battery of exercises