

Abstract

Title of the work: Balance progress of tennis players at the age of 6 to 15

Objective of the work: The objective of this work is to suggest summary of exercises and preparatory training for development of balance skills of tennis players at younger and elder school age and verify it in practice. I suggested this summary by combination of theoretical pieces of knowledge from sport training sphere, sport preparation of children and young people and coordination progress in tennis. I hope that my work will contribute to quality improvement of tennis preparation in this important developmental period of a child.

Method: I used only quality research, especially evaluation. During the research I've also done entrance testing of children by balance tests to find out their balance skills. Suggested summary of exercises and preparatory training is well-tried and I've drawn conclusions how does it work in practice.

Results: The result is methodical material in which you can find evaluated exercises for tennis players at the age of 6 to 15. The work describes what exercises and preparatory training children should do and coaches should not underestimate.

Keywords: Balance skills, balance, coordination skills, tennis