Aim; The aim of this study is to investigate the effects of the 8 week technical training exercises on the biomotoric and technical development of the participants. Materials and Methods; A total of 12 children studying at Isparta TED (Turkish Education Association) College participated in the research voluntarily. The average age, height and body weight of children participating in the study were determined as 12.7 ± 80, 154.8 ± 9.2 cm and 46.6 ± 3.0 kg, respectively. In this research, flexibility, 30 second string jump, 20 meter speed, vertical jump tests were performed to detect biomotoric development. ITN test was applied for observing technical development. Measurements were taken from the participants before and after the 8-week study, and the data obtained assessed by using the Paired Sample t-test to determine the effect of the biomedical and technical development. Results; When the pretest and posttest values of the participants were compared, a significant difference was found in the statistical analysis (p <0.05) for 30 seconds of string jump, vertical jump, flexibility from biomotoric tests. Statistically significant difference was found between AOS values in technical tests (p <0.05). Discussion; As a result of our work based on the obtained data; it can be said that the reference values are determined that can be used in the future for the sportsmen who practice tennis technique and strength training. Besides, it has been determined that the strength training performed positively affects both technical and biomotoric characteristics. In addition it can be concluded that strength training is useful to the sportsmen who practice tennis.