The aim of this study is to investigate the effect of periodic functional training in elite tennis players aged 12-15 years on AOS. A total of 30 (15 girls, 15 boys) athletes 12-15 years of age who were actively training in Isparta province participated in the study voluntarily. A total of 5 measurements were taken periodically for a period of 10 months after the pre-test of the research group before starting the training. In the analysis of the data, SPSS 20.0 for Windows program was used Repeated Measures Analysis of Variance. The significance level was accepted as "p<0.05". The mean age of the athletes was 13.61 ± 1.29 years, weight; 51.32 ± 9.653 kg, height; 156.11 ± 7.78 cm, tennis playing times; 4.44 ± 1.65 years. When the depth, sensitivity assessment and volley impact data of the ground impacts of the AOS test application procedure were evaluated, the difference between the measurements was statistically significant (p<0.05). A statistically significant difference was found between the time measurements when the service evaluation technique was evaluated within the time dimension of the change in the service regions itself (p<0.05). There was a statistically significant difference between AOS test continuity level and AOS test total score values in time dimension (p<0.05). Based on the data obtained, it can be said that the functional trainings applied to the tennis players in macro planning periodically change their tennis skills (AOS test) in many parameters.

Keywords: Functional, Macro, AOS Test, Tennis 2019