

## **Abstract**

**Title:** Inclusion of mental coach in the sports preparation of the Czech Republic A- Team in cross country skiing

**Objectives:** The aim of this work is to find out the justification of the need to include a mental coach in the sports preparation of the national team of cross-country skiing

**Methods:** The research was carried out in the research design of grounded theory. As a method of data collection was used semi-structured interview, data were evaluated using open, axial and selected coding.

**Results:** Based on interviews conducted with twelve respondents (6 men and 6 women), members of the Czech Republic national team of cross-country skiing, the inclusion of a mental coach in the preparation of the national team is desirable.

**Key words:** cross-country skiing, psychological preparation, mental coach, sport performance

