

ABSTRACT

Title: Specifics of tennis training for children with ADHD

Objectives: The main objective of this study was to propose a set of educational-psychological recommendations and strategies for coaches and parents to maximize the effectiveness and positive effects of tennis training for children with the attention deficit hyperactivity disorder (ADHD).

Methods: Three children with ADHD were observed during tennis training. The observation took place during a training session. This method allowed the author to collect data directly in the children's environment. In addition, a controlled structured interview based on ten prepared questions that focused on working with children with ADHD was conducted with a coach of the three children mentioned above. The interview related to working with children with ADHD, teaching strategies and the future of these children in tennis. The interview data were analyzed using the grounded theory, which helped to identify key aspects and patterns in the coach's responses. The results of these analyzes were used to create proposals for pedagogical strategies for working with children with ADHD in tennis.

Results: The results of our study provide a comprehensive picture of the situation of children with ADHD in the context of tennis training. Observation revealed specific behaviors and responses of children with ADHD during training sessions. Key patterns and aspects of behavior that may influence their learning and development in tennis training were identified. Structured interviews with the coach revealed some of the challenges the coach faced when working with children with ADHD. The coach emphasized the need for an individualized approach and adaptation of teaching strategies to the specific needs of children. The coach then shared his views on the future of children with ADHD in tennis and how they could be successfully supported.

Conclusion: The case studies led to the design of several pedagogical strategies for working with children with ADHD in tennis training. These strategies were based on theoretical knowledge, analysis of case studies and the results of an interview with the trainer.

Keywords: tennis, ADHD, impulsivity, hyperactivity, training, attention