

## **Abstract**

**Abstract Title:** The analysis of mental skills and mental training in professional tennis players

**Objectives:** The purpose of this thesis is to determine and analyze the level of mental skills as well as elucidate which techniques from the field of mental training are used by professional tennis players.

**Methods:** In this thesis, a qualitative type of research was used. A case study of seven professional tennis players was conducted in which the following methods were used: structured interview with open questions, participant observation and document analysis.

**Results:** The final findings of this thesis are that top tennis players have different levels of mental skills. The results have proven that the higher a tennis player ranks, the better results were showed. Accordingly, players who are ranked higher than the 50th place according to the ATP ranking achieved significantly better results.

**Keywords:** Mental skills, mental training