

## **Abstract**

**Title:** The State of Flow in U19 Basketball Players

**Objective:** The primary aim of this bachelor's thesis is to determine the impact of the flow state on the sports performance of basketball players competing in the U19 league. It focuses on understanding how flow manifests in the context of young athletes and how it influences their performance on the court.

**Tasks:** The main task include identifying the levels of flow state experience among basketball players and analyzing its impact on their performance. Emphasis is placed on understanding how flow manifests in basketball and the factors that contribute to its achievement.

**Methods:** Data was collected using a questionnaire method, specifically the FSS-2 (Flow State Scale-2), which is designed specifically for measuring the experience of the flow state in athletes.

**Results:** The data analysis revealed interesting patterns in the experience of flow among players and showed how various aspects of flow affect their sports performance. The results provide new insights into the psychological factors that play a role in the performance of young basketball players.

**Conclusion:** The study contributes to a better understanding of the relationship between the psychological state of athletes and their performance, emphasizing the importance of mental preparation in the training process of basketball players.

**Keywords:** flow; optimal experience, peak performance, zone, dimensional model