

Title of thesis:

DYNAMICS OF MENTAL STATES IN A TENNIS MATCH WITHIN PLAYERS AGED 15-18 YEARS

The goal of thesis:

Aim of this work was to determine what self-regulating techniques are used by professional players aged 15 to 18 years in key moments of the tennis match, in which way the player is working with its own mentality, and how they can control the key moments of the match, when things go wrong.

To meet the objective there were some scientific questions created. These questions follow:

- **What are some player's experiences with the intervention of a sports psychologist?**
- **How players react to mental stress in the match?**
- **How the player in the hypothetical model is thinking about the current negative situation of the match?**

Method:

In the thesis, method of questioning was applied. There was an anonymous questionnaire composed of 15 questions created. The sample was 27 players until 18 years (juniors), ranked up to 100th place of national ranking in the Czech Republic. The questionnaire was created largely based on a personal experience gained by the author and also based on professional expertise.

Results:

Interest in the psychological preparation for tennis matches is insufficient both by the players and by the coaches. Only 30% of respondents is working with a sports psychologist and realize the importance of psychological preparation together with its importance for individual matches.

Keywords:

Psychology, pre-game training, key moments, self-regulation technique