

Abstract

Title: Use of mental training by swimming coaches in the Czech Republic

Objectives: The goal of the work is to find out the use of mental training by swimming coaches in the Czech Republic, both in the training and in the competition. Furthermore, the work finds out which methods coaches apply the most in both areas.

Methods: In our work we used the method of questionnaire survey. A modified Questionnaire Test of Performance Strategies * 2 (TOPS * 2) was used for the survey, which determines whether the coaches know the methods of mental training and how they include them in the psychological training of the swimmer.

Results: We found that most coaches are educated in mental training. Mental training is used in training and competition only sometimes. In the competition is mental training used more often than in the training. In each part of the mental training, the trainers stated at least one method or skill that they apply to their wards or themselves.

Keywords: swimming, mental training, TOPS * 2