

ABSTRACT

Title: ADHD in football: How coaches work with children with attention deficit hyperactivity disorder

Objective: The aim of this bachelor's thesis is to explore the experiences and approaches of five youth football coaches who train children diagnosed with ADHD. The research focuses on how coaches adapt training strategies to meet the specific needs of these children, the challenges they face in doing so, and how they reflect on their emotional experience and communication with parents.

Methods: The research is based on a qualitative methodology and utilizes semi-structured interviews with five coaches working in youth clubs registered with the Football Association of the Czech Republic (FAČR). The interviews were analysed using thematic and narrative analysis.

Results: The analysis revealed that coaches perceive training children with ADHD as emotionally demanding, yet rewarding. The most frequently mentioned challenges included impulsivity, inattention, and difficulties in organizing activities. Effective strategies involved an individualized approach, the use of playful elements, and a clearly structured training format. Insufficient communication with parents and the lack of systematic support from sports institutions were also significant themes.

Conclusion: The research provides practical insights into effective coaching strategies when working with children with ADHD and highlights the need for methodological guidance and coach education. This work may contribute to better inclusion of these children into team sports and to the creation of a supportive sporting environment.

Keywords: ADHD, football, youth, coaches, training strategies, inclusion, parental communication, behavioral approach.