Abstract

Title: Actual mental states affecting performance in tennis

Objectives: The main goal of this work is to detect mental states of Petra Kvitova, playing against Caroline Wozniacki and find out whether they affect her performance. Moreover I aim for presenting new programme Break2win and finally I intend to make the topic of sport psychology more available for others.

Methods: I have been working with a completely new programme called Break2win which has helped me with detecting mental states of Petra Kvitová. The programme is divided into three parts ó protocol, statistics and comparison of the players. I have used all of them to describe and analyse the match.

Results: I have been successful in finding many situations which could affect mental state of Petra Kvitová. These situations happened repeatedly, therefore I have been able to identify them and summarize the whole match as far as psyche is concerned.

Keywords: tennis, mental states, performance