

Abstract

Title: Analysis of competitive matches of peewees in tennis

Objectives: The aim of this thesis was to determine how the players evaluate themselves in competitive matches and how they manage stressful situations during their matches.

Methods: The study included five players of the tennis club Sokol Petrovice. Their age was 10 – 12 years old. From inquiries I obtained needed information from their coach and the feedback from the players themselves after playing competitive matches. Thanks to the observation, especially at a tennis training camp, I wrote an analysis of each player and I also observed the progression of competitive matches.

Results: In most cases, players between 10 and 12 years old are not able to evaluate themselves objectively. Generally, their strongest stroke is forehand. Managing stressful situations during the matches depends mostly on psychological toughness of the players. Nervousness, loss of concentration and fear very often appear at this age while managing stressful situations.

Key words: tennis, self – evaluation, stressful situation