

ABSTRACT

The bachelor's thesis deals with specialized topics, namely possible psychological factors that can affect the development of a tennis match in adolescent amateur tennis players. The work is divided into two parts, theoretical and practical. The part of the theoretical work deals with the general characteristics of tennis, followed by the psyche of tennis players and briefly comments on the development of adolescents and their importance in this thesis. In the second part, ie empirical, the thesis pays attention to its own research, its methodology and the thesis brings the reader closer to the researched sample. The aim of the research is to determine how the player, her parents and the coach perceive tennis and tennis match, as well as what stressors may influence the player's performance and, last but not least, possible factors that can affect the performance of a young amateur tennis player. As basic methods of my qualitative research, I used observation and semi-structured conversation with both players and their parents. For credibility, I backed up the research with my own reflective diary. From the given methods, I found that the important factors that can affect amateur teenage girls include not only physical, such as fitness or physical preconditions for tennis, but mainly psychological, which include personality, degree of motivation, concentration or emotional reactions. Stressors, which can appear, are for instance spectators, unfamiliar environment or parents.