

ABSTRACT

Title: Coaching in the game of Squash

Aim of thesis:

- To understand how Czech trainers approach a problem of coaching of their trainees.
- Whether they also step in as coaches or not.
- Whether they underestimate a psychological preparation of players.
- If players are content with the approach and coaching by their trainers.
- Whether a non-verbal communication is used in coaching.

Methods: A questionnaire among players and trainers active in the Czech Republic.

Results were collected through a questionnaire that was either sent by email or handed out to a predetermined group of respondents. The survey took place in the whole Czech Republic. The respondents were both male and female squash players from all parts of the republic.

Results:

- In most cases the trainers also step in as coaches.
- Trainers are well aware of the importance of psychological preparation but share a common feeling that their knowledge is insufficient. They work diligently on improvement.
- Not very often do trainers accompany trainees to tournaments, especially to the extent that would benefit the trainees.
- In roughly half of all cases, players express a high level of satisfaction with the coaching style of their trainers. The rest finds the way information is passed onto them somewhat flawed.
- Female trainers better implement the ways of non-verbal communication.

Keywords: Squash, Coaching, Providing information, Non-verbal Communication, Psychological Preparation, Trainer, Coach