

## **Abstract**

**Title:** The Premises of Successful Cooperation between Coach and Athlete in athletics

**Objectives:** The aim of this thesis is to determine the precondition for successful cooperation between coach and athlete.

**Methods:** Literature research was chosen as a method of this thesis while printed, as well as electronic resources were used.

**Results:** The given objectives and tasks of the thesis were successfully met. While working out the literature research, we came to the conclusion that the basic premise for successful cooperation between the coach and athletes is effective communication. We determined conditions that are necessary for successful communication in the specific environment of athletics. There are objectives set by athlete and coach, choice of suitable coach, development of communication skills, and athlete's perception of his coach's authority.

**Keywords:** communication, coaching, sports training, personality