

Abstract

ON- COURT COACHING IN TENIS – COACHING

Objectives: The main objective of this thesis is to contribute to the topic of "on-court coaching", to find out the up-to-date experience of the tennis players and coaches, their opinion on the ideal coach and their attitude towards introduction of the on-court coaching into the tennis tournaments.

Methods: We have used qualitative inquiry methods in our work. To obtain qualitative data, we have created two structured and controlled interviews. Two groups of subjects were used (players and coaches) to get two sets of results. We have deliberately chosen the subjects and then expanded results using "the snowball" mechanism. For evaluation, we assigned codes to certain sets of texts, classified them and commented on them. Some of the resulting answers were converted into relative frequency. We have analyzed acquired data to interpret the results question by question. First, we evaluated data from the "coach" group of respondents, then from the "players" group. Discussion is often part of the result interpretation. We have also frequently compared the result between the two target groups.

Results: As we have discovered, the players and coaches used in this study, were well informed and experienced in this topic. This leads us to believe, that the obtained data will be relevant. There were small differences in what should the "ideal coach" look like. The only differences occurred in the style of leading the athletes. The research didn't show a clear conviction whether to allow or not to allow on-court coaching. What we found was a difference in opinion between genders. The women are more likely to allow on-court coaching than men. We have collected valuable ideas to support, or decline on-court coaching.

Keywords: trainer, coach, coaching, leading player in the game, on- court coaching, tennis.