

# Supervisor's Review - Master Thesis

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Title: **Sources of Acute Stress and Psychological Skill Training Methods among Czech Elite Soccer Players**

1. Thesis is the empirical study of stress sources in Czech elite football players. The pilot version of questionnaire was developed on the basis of extensive literature review and the collected data were analyzed.
2. The author has found her own field of interest as a former player and was able to explore the broad field of applied sport psychology and narrow and conceptualize her ideas into the meaningful research framework.
3. Although pilot study the research topic is interesting and may have practical implications in the area of motivation of coaches to use psychological skills training. It highlights the most important and influential stress sources in elite players as well as differences in playing positions which may be overlooked by coaches.
4. The theoretical part is an extensive literature review of high quality; I personally appreciate author's conceptualization of her research framework on page 43.
5. The empirical part consists of developing questionnaire, data collection and analysis. The statistical analysis was well done and results properly interpreted and discussed where I would like to emphasize the quality and comprehensiveness of "findings."
6. Author worked independently and with enthusiasm, she was cooperating and consulting regularly.
7. I would like to conclude that the author is above average able to work independently on scientific project and finish it successfully. I recommend her to Ph.D. study. Her research was submitted and approved as a poster to European Congress of Sport Psychology hold in Thessaloniki, Greece this year.

I recommend thesis to defense. Suggested evaluation is "excellent."

FTVS UK, Prague, 8th May 2007

PhDr. Eva Tomešová, Ph.D.

