

SUMMARY

Research problem & Importance :

Training on psychological skills represent an essential part in player preparation to enter sports competitions within long term psychological preparation and the psychological skills are limited on relaxation, mental imaginary, concentration of attention and these skills interact and affect each other which mean that improvement in one skills affect other psychological skills.

Regular training on psychological skills help the player to be better in training and competition through imagination of the ideal performance and controlling emotional excitation and ability to concentrate attention and excluding disturbing stimuli during motor skills performance, also regular training on psychological skills affect the ability of the central nervous system to record the motor patterns and its ability to retrieve and repeat the picture sequence as the mental training lead to changes in the functional efficiency of the central nervous system done by skillful performance through tens of repetitions. The researcher noticed from his practical experience that although the importance of mental skills training for soccer players mainly youngsters, most of coaches according to researcher knowledge did not use any exercises to develop mental skills which could be the reason behind low skillful performance and physiological responses mainly in sports competitions.

Research aims :

This research aims to know the following :

- 1- The effect of the suggested mental imaginary program and concentration of attention on the ability of (relaxation- mental imaginary- concentration of attention) for soccer youngsters under 14 years.
- 2- The effect of the suggested mental imaginary program and concentration of attention on the functional efficiency of the central nervous system for soccer youngsters under 14 years.
- 3- The effect of the suggested mental imaginary program and concentration of attention on the level of performance of some basic skills for soccer youngsters under 14 years.

Research hypothesis :

- 1- There are statistically significant differences between the pre- and post-measurements for the control group in the variables under investigation for soccer youngsters under 14 years in favor of the post-measurement.
- 2- There are statistically significant differences between the pre- and post-measurements for the experimental group in the variables under investigation for soccer youngsters under 14 years in favor of the post-measurement.
- 3- There are statistically significant differences between the control and experimental groups in the post-measurements in the

variables under investigation for soccer youngsters under 14 years in favor of the experimental group.

Research procedures :

1- Research method :

The researcher used the experimental method with experimental design of two groups one experimental and the other control with pre- and post-measurements on both of them.

2- Research sample :

The sample was chosen purposely from soccer youngsters in Port-Fouad sports club under 14 years and was 20 players divided into 10 players control and 10 players experimental group.

3- Data collection tools :

- Physical tests to measure speed- accuracy- flexibility- power.
- Skillful test to measure passing and receiving- ball kick with head- shooting on the goal- feinting.
- Picture intelligence test.
- Muscular tension level card.
- Measurement of mental imagination in the sports field.
- Concentration of attention grid test.
- Experts questionnaire in the field of soccer training and sports psychology.
- Reaction time test.

- Functional efficiency of central nervous system through variance curve ($Y \phi P$).

4- Statistical Management :

Arithmetic mean- median- standard deviation- skewness- Spearman correlation- wilcoxon test- Mann Whitney test- percentage of improvement.

Conclusions :

- The effectiveness of suggested mental program in improvement of performance of mental skills (relaxation- mental imaginary- concentration of attention).
- The effectiveness of suggested mental program in improvement of performance of some basic skills performance under research.
- The effectiveness of suggested mental program in improvement of functional efficiency of the central nervous system.

Recommendations :

- Necessity of application of the mental training program along the yearly program and care to use the exercises that work on relaxation, mental imagination, concentration of attention for their effect on youngsters in improving their skillful performance and physiological responses.

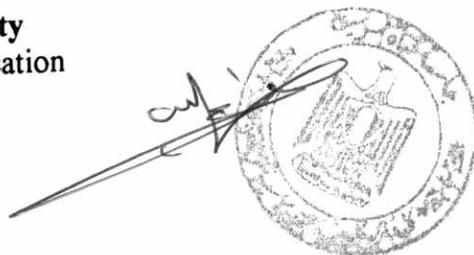
- **The necessity of presence of sports psychologist within the training team in soccer teams mainly youngsters.**
- **Conducting similar experiments on different age groups mainly youngsters.**

ABSTRACT

Effect of Mental Imagery and Attention Concentration Program on Functional Efficiency of Central Nervous System and Some Basic Skills for Soccer Youngsters under 14 Years

This study aims to know the effect of the suggested mental program on the functional efficiency of the central nervous system and some basic skills (under research) for soccer youngsters under 14 years, the researcher used the experimental method with two groups one experimental and the other control, the sample included 20 players from Port-Fouad sports club under 14 years, the researcher used the physical and skillful tests, mental imaginary measurement in the sports field, muscular tension card, concentration of attention grid, reaction time to evaluate functional efficiency of the central nervous system, the researcher found that the suggested mental program is effective in improving skillful level and mental skills under research and the level of functional efficiency of the central nervous system for soccer youngsters under 14 years, there is no relationship between mental imaginary type (intrinsic/ extrinsic) and the skillful level.

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Program on Functional Efficiency of Central Nervous
System and Some Basic Skills for Soccer
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