

MENTAL SKILLS AND THEIR RELATIONSHIP TO SOME BASIC SKILLS FOR FOOTBALL PLAYERS

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ABSTRACT

It lies in identifying the level of mental skills of football players, due to its close association with the ability to adapt to the various situations required by the matches. It also helps us to identify the level of basic skills of the players and the extent of the relationship between them and mental abilities in order to modify weaknesses and develop strengths. This helps us to stand on an important aspect of the psychological aspects that support the efforts of coaches and those in charge of the training process in bringing the players to higher levels. The **research problem** is the source of the problem, so researchers decided to study the mental skills of football players in order to assess their level and whether or not coaches pay attention to or give this aspect a special importance or not and because of its relationship to the process of performing skills for soccer players. **Research Aims** Knowing the level of mental skills of football players, Knowing the basic skills level of football players, Identify the correlation between mental skills and basic skills of football players. **Research hypotheses** The existence of a statistically significant correlation between mental skills and basic skills of football players. The researchers used the descriptive approach to suit the nature of the research problem. As for the sample, the researchers selected it in an intentional manner, consisting of (18) players representing the community. Therefore, the research sample represents the original community represented by (18) players for the research sample within the Basra Oil Club football team.

I. CONCLUSIONS

- 1-There were no significant correlations between mental skills and basic skills studied for the research sample teams.
- 2-There were no significant differences between the players of the research sample teams in all mental skills.
- 3-The appearance of significant differences in the skill of the degree, while there were no significant differences in the skills of handling and suppression.

II. RECOMMENDATIONS

- 1-Adopting mental skills training as a fundamental part of the training curriculum for football coaches.
- 2-The necessity to work on developing the basic skills of soccer players in a manner that ensures the achievement of advanced levels.
- 3-The necessity to choose soccer players not only on the basis of the skill level, but on the basis of the level or psychological aspect because of its importance and a great role in the players' benefit from the skills they train on.

1.1 Introduction and Importance of Research

The development of any sports game and its reaching the required level depends on the concerted efforts of all efforts and the elimination of all problems facing the game and the elimination of all negatives in order to raise its level. Studies in the field of psychology have demonstrated a close correlation between the level of mental abilities

and the superiority of the athlete (1999: 3: 145) And at the present time the science of training has begun to be concerned with the topic of mental abilities for their importance in the process of learning and implementing plans, and how the mind plays an important role in developing the level of skill performance and affects the physical and psychological energy, given that body fitness is an important part of mental health And that physical fatigue may weaken the determination to achieve gain, and on the other hand, "psychological energy in turn affects the physical energy, so when the mind is awake, this is reflected in the members of the body" (4: 315: 1981). Therefore, "sports psychology is of great importance in Our present and future because its sciences and methods are specialized and articulated in raising the ability of athletic achievement, improving mental health and developing mental abilities." (4: 9: 1981). Therefore, the importance of research lies in identifying the level of mental skills of football players because of its close association with the ability to adapt to various Cases required by matches. It also helps us to recognize the basic skills level of the players and the extent of the relationship between them and mental abilities For the purpose of modifying weaknesses and developing strengths, the matter that helps us to stand on an important aspect of the psychological aspects that support the efforts of coaches and those in charge of the training process in bringing the players to higher levels

1.2 Research Problem

The preparation process for the purpose of reaching the high level through which the athlete can achieve the prestigious achievements that enable him to occupy advanced positions has become a process that requires a lot of research in the various physical, skill and psychological aspects that affect performance Mental abilities are among the psychological matters that play an important role in the process of skill learning and the application of play plans during matches, as it is considered the decisive factor in many cases of playing during matches. Dimensions such as the ability to imagine, mental psychological preparation, and this is the source of the problem, so the researchers decided to study the mental skills of soccer players in order to assess their level in them and whether or not coaches pay attention to or give this aspect special importance or not and because of its relationship to the process of performing skills for soccer players preparation, self-confidence, dealing with anxiety and other mental skills, as well as the type of their relationship with basic skills have not been given sufficient attention by the coaches and those responsible for the training process despite their impact on the player's ability to perform optimally in the event of mastery and training on them

1.3 Research Objectives

Knowing the level of mental skills of football players

Knowing the basic skills level of football players

Identify the correlation between mental skills and basic skills of football players

1.4 Research hypotheses

The existence of a statistically significant correlation between mental skills and basic skills of football players.

1.5 Research areas

The Human Field: Basra oil Club Football League

Time domain: from 1/4/2021 to 3/15/2021

Spatial Domain: Basra oil Football Club Stadium

III. RESEARCH METHODOLOGY AND FIELD PROCEDURE

3.1 Research Methodology

The problem that researchers seek to solve is what determines the approach that is chosen for the purpose of reaching the desired results. Therefore, researchers used the descriptive approach, which is defined as "it is the accurate perception of the mutual relationships between society, trends, tendencies, desires and development so that the research gives an image of the reality of life, setting indicators and building Future predictions. This approach was used by both survey and correlational methods

3.2 Research Sample

The process of selecting the sample is to "study the case of a certain part or a certain percentage of the original community members, and then generalize the results to the whole community" (2001: 263 7). The researchers used the descriptive approach to suit the nature of the research problem. As for the sample, the researchers selected it in an intentional manner, consisting of (18) players representing the community. Therefore, the research sample represents the original community represented by (18) players for the research sample within the Basra Oil Club football team

3.3 Means, devices and tools used in the research

Devices and tools used in the research

1 legal football field

10 legal footballs

Medical device for measuring height and weight

Metal tape measure (cm)

Five (5) signs

Laboratory (computer) -Pentium (III) type computer (4 units)

(5) CDs

(1)Sony video camera.

(1)video films

3.4 Psychometric and skill measurements and tests

3.4.1 Mental Skills Scale (6: 73-76: 2004)

The mental skills questionnaire is used to identify mental strengths and weaknesses in an athlete and to track his progress. The basis of this questionnaire is the version designed by two British researchers in sports psychology - University of North Wales

The questionnaire measures seven important aspects of the mental aspect of athletic performance, which are: (Appendix 1)

3.5 Selected tests

3.5.1 Choosing the technical performance evaluation tests for the skills under discussion

The researchers relied on the technical performance evaluation tests of the skills under discussion on the outward form of the skill by evaluating three of the assessors in the football game by the observation method based on the total score of the technical performance, which consists of (10) degrees. Note that these tests are regulated as they were used by previous researchers (2: 47: 2001), and as shown below

A A test of the technical performance of the skill of rolling football

-Test name: Rolling between the signs for a distance of 10 meters

The aim of the test: to evaluate the technical performance of the rolling skill

-Equipment used: legal football - whistle - electronic stopwatch - number 5 sign.

Orthodontic Roll: 10 degrees

Performance description: The tested player makes three consecutive attempts to perform the rolling skill, the player stands with a ball behind the starting line and when the start signal is given, the player runs the ball between the signs as in the figure

Scoring: The test player's best attempt is counted out of the three attempts and for each ingredient, and then the three best attempts are combined and the mean is calculated

B The second test: a test of the technical performance of the skill of handling football

Test name: Handling for a distance of (10 meters.)

The objective of the test: to evaluate the technical performance of the skill of handling football.

Tools used: legal balls - whistle - stopwatch.

Calendar score: 10.

Performance description: The tested player stands behind the line of the specified test area and when the start signal is given, the player sets three consecutive attempts for the soccer handling skill and the prescribed distance (10 meters), taking into account the correct performance of the skill

Scoring: The best attempts of the test player are calculated from the three attempts and for each evaluator, and then the three best attempts are combined and the arithmetic mean is calculated

C The third test: a test of the technical performance of the skill of putting down football

Test name: stopping the movement of the ball (putting out the ball)

The aim of the test: to measure the ability to be suppressed throughout the body.

Equipment used: 5 balls - a whistle.

Description of performance The coach stands behind a line of (3 m) with five balls. As for the player, he stands in (A) which is at a distance of (1 m) from the test area (B) which is an area of (2 x 2 m) and which is away from the place where the coach stands (8 m) The coach throws the ball high to area (B) and the player must stand in area (A) before throwing and when throwing the player jumps to area (B) to receive the ball and extinguish it with any part of his body except for the hands, then return to area (A) and this repeats The test three times

Scoring: The test player's best attempt is calculated from the three attempts and for each evaluator, and then the three best attempts are combined and the arithmetic mean is calculated.

3.6 Statistical Methods

Researchers have adopted the appropriate statistical methods in the form that serves the research, using the spss version 16

Presentation of the results of the correlation relationships between the study variables for the research sample teams

Table (1)

The matrix shows the correlation between mental skills and basic skills of the research sample teams players

Variables	Imagination	preparation Mental	Self confidence	Dealing with anxiety	ability focus	T ability to relax	Motivation
Rolling soccer	-14	30	35	19	0.5	23	-17
Handling	0.3	-13	-34	-16	-32	-23	24
Putting out	0.5	0.3	0.6	-22	-10	0.2	0.6

*Data level of (0.05) and a degree of freedom of 29 = 0.355

After the researchers presented the table on the results of the statistical treatments related to the psychological (mental) variables and the skill variables of the players, the research sample Table (1), which shows the correlations between mental skills and some basic football skills, it appears to us through it that there were no significant correlations between these Variables This is due to the fact that the sample players did not use mental skills

training Along with the basic skills of football, as the concern was on the physical and skill aspects more than the psychological side, which made the players not use mental skills effectively during training or competition for the purpose of controlling the various ideas that revolve in the player's mind during the performance in order to be able to perform the skill in its form. The ideal is that "training the athlete in mental skills at an early time increases his ability to deal with performance obstacles such as frustration associated with poor performance and distraction due to mistakes and lack of confidence" (6: 60: 2004)

IV. CONCLUSIONS AND RECOMMENDATION

5.1 Conclusions

1-There were no significant correlations between mental skills and basic skills studied for the teams of the research sample.

2-There were no significant differences between the players of the research sample teams in all mental skills.

3-The emergence of significant differences in the skill of the degree, while there were no significant differences in the skills of handling and suppression.

5.2 Recommendations

1-Adopting mental skills training as a fundamental part of the training curriculum for football coaches

2-The necessity to work on developing the basic skills of soccer players in a manner that ensures the achievement of advanced levels.

3-The necessity to choose soccer players not only on the basis of the skill level, but on the basis of the level or psychological aspect because of its importance and a great role in the players' benefit from the skills they train on.

4-Study other basic skills that have not been studied and link them with mental skills or other psychological variables

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APPENDICE

NO	The paragraphs	Acceptance	Acceptancenot	The proposed amendment
1	I can practice my sport in my mind			
2	I practice the skill on my mind before I use it			
3	It's hard to be mental pictures			
4	I find it easy to imagine the feeling of movement			
5	I always find myself my goals from training			

6	My goals are always very specific			
7	Always analyze by myself my performance after I finish the competition			
8	Usually I set goals that I have accomplished			
9	I suffer from a loss of confidence in my performance			
10	Enter all matches with thought and confidence			
11	My confidence gradually fades away as the match gets closer			
12	Throughout the competition I maintain a positive attitude			
13	I often have a fear of losing			
14	I worry that I may lose myself in matches			
15	I let my mistakes spark anxiety when I'm performing			
16	I worry that I may lose myself in matches			
17	I let my mistakes spark anxiety when I'm performing			
18	Excessive anxiety about the competition			
19	I can't focus on my thoughts during the competition			
20	My focus ditches me during competition			
21	Unexpected noise is damaging my gadget			
22	Being easily distracted is a problem for me			
23	I can relax myself before the match			
24	I get very nervous before the match			
25	One of my strengths is my ability to calm down			
26	I know how to relax in difficult conditions			