Mental Imagery and its Relationship to Accurately Aiming for the Football Players

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ABSTRACT
Sporting outstanding needs to a lot of studies and scientific methods to reach excellence levels in all respects which help athletes to reach these levels and harness all scientific disciplines for this purpose, as well as sport outstanding doesn’t complete only through integrated working between the mind and body, so experts interest in physical preparing in general, and in mental preparing specifically to improve skills learning. Whatever the fitness is high for a player must be mental abilities are moving this body that is working to mobilize the capabilities of the players and their energy to achieve what is best in sport performance. Study aimed to identify of mental imagery and accuracy of the aiming for the members of the study sample and identify the relationship between mental imagery and aiming accuracy with members of the research sample. Study used descriptive approach with correlation manner, the number of subjects were (20) players from sport Sherwana club (first degree) in Klar province - the Kurdistan region, the main experiment is achieved by applying mental imagery measurement and then aiming accuracy test, the study concluded that the visual imagery is of great significance in increasing the accuracy of aiming in football and auditory imagery has a relationship with a high correlation to increase the accuracy of the aiming as well as the kinetic sense in all different parts of the body for a moment the aiming is very important in the outcome of the aiming.

Keywords: Mental imagery, accurately aiming, football.
1. Introduction

Sport outstanding and reach to the excellent levels globally needs to search for everything innovative such scientific instruments and that need to recruited scientists in all fields to link between sciences and their use to achieve the best achievements in the field of sports, in fact, sport outstanding can’t be completed only by integrated working between the mind and body. This increased interest in mental preparing for the athletes to its importance in improving quickly learn of the skills, whatever player fitness is complete and his structure is built in good way, there must be a prompt person and commander for this physical abilities and fitness and who responsible in this role is the mind that uses the right direction to achieve the required achievement that depends on how much benefit players of mental abilities in a manner no less importance for their physical abilities because help them to mobilize their abilities and energy to achieve what is best in sport performance.

The ability to imagery of mental in sporting activities, including football considers one of important variables that reflect the impact of mental training on performance, mental imagery uses for the purpose of the embodiment of performance by reviewing the skill mentally and this includes getting rid of mistakes through perception of correct method of technical performing. Therefore, can find that most of those who have a clear idea of the main aspects of the implementation of the skill of mental visualization can by comparing their responses to optimization performance and then correct erroneous responses.

The mental training including the imagery of mental is one of the important psychology topics which relates to the motor performance because of its active role in preparedness and readiness before aiming and the level of direction is determined by the basis of accuracy, so requires from the player continuous training on the development of mental training, the degree of mastering skills are not related to the qualifications of training only it is also link with the ability of the individual to mental training, including the imagery of mental.

The accuracy of the aiming in football is a strong pillar for the success of the player and his superiority by being able to conscious contribute and control of motor skills that contribute to the success of the team and their superiority as an integrated unit to get through on the goal, hence the importance of research in the use of mental imagery as a method to help in teaching of special skills in football and in particular the skill of aiming accuracy.

The recent trends in education and sports training require many methods in the revitalization of education operation and training, one of these methods is mental training which represents the strategies that are used by the mental skills, including mental perception of being the means by which they accomplish the goals of mental training. Physical and technical training are not enough to teach motor skills and mastery fully because the process of education and training based on the correlation between the physical and mental sides and diversity in the use of its methods therefore requires attention to these two sides in teaching skills, the experience of the researcher as a player and teaching and studying the books and resources in this area found that mental training is excluded within the training units which is used in the training approach in clubs of the Kurdistan province, so researcher see the important to study this problem and to
identify the role of the mental side in the process of learning skills in football and in particular
the skill of aiming accuracy. Study aimed to identify of mental imagery and accuracy of the
aiming for the members of the study sample and identify the relationship between mental
imagery and aiming accuracy with members of the research sample.

2. Methodology

The researcher used the descriptive approach because it is an appropriate approach to achieving
the aims of the research as he offers an "accurate imagery for the interrelationships between the
community, trends, tendencies, desires and development where it gives a pictures of reality and
clarity of indicators forecast future" (Wajih., 2001), the researcher has used this approach by
using correlation manner, the tests were started on May 7, 2011 and completed on May 20, 2011.

2.1 Subject

Researcher was chosen sport Sherwana club in football by the intentional way totaling
approximately 25 players and selected (5) players randomly from the research sample for the
purpose of conducting pilot study which excluded from the major experiment, so the number of
the subject under study (20) players.

2.2 Mental Imagery Measurement

The researcher used Mental Imagery Measurement in sport for (Reiner Martens), which is
translated to Arabic language by (Osama., 2004), and has been applied in many studies under
this named and the measurement included four sport positions are (on your own practice,
practice with the others, watching colleague, performance in the competition), the response to
each position of the above positions through a number of categories are (visual perception,
auditory perception, sense of kinetic, emotional condition associated).

2.3 Accurate Aiming Test

- Objective of the test: Measure of goal accurate.
- Tools: Number of foot balls approximately (10), tape to set the goal zone, whistle.
- Performance characteristics: foot balls are placed in specific places in the penalty area, where
the player shot these balls one after another serially to the square goals side length (1 m) within
a specific goal which marks on the corners and then shot the balls to it only, the attempt is not
correct if the ball did not hit any of the four goals and the player is entitled to repayment freely
on any goal of goals.
- Record: Calculated the number of scores that enter or affect specific aspects of the four goals.
- One attempt is given for the player (Thamer et al., 1991).
2.4 Analytical Analysis

Study used following analytical analysis.
1- Mean.
2- Standard Deviation.
3- Correlation Coefficient (Berson).

3. Results and Discussion

The table (1) shows the arithmetic mean of the imagery of visual which is (13.55) and standard deviation (2.87) while the arithmetic mean of the accuracy of the aiming (7.05) and standard deviation (1.57) and calculated (R) value amounted to be (0.878), which is greater than the value of tabular (R) amounted to be (0.444) when the degree of freedom (18) and below the level of significance (0.05), and this means that the relationship between mental imagery and accuracy of aiming are high positive relationship.

<table>
<thead>
<tr>
<th>N</th>
<th>Variables</th>
<th>M</th>
<th>SD</th>
<th>R Value</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Visual Imagery</td>
<td>13.55</td>
<td>2.87</td>
<td>0.878</td>
<td>0.444</td>
</tr>
<tr>
<td></td>
<td>Aiming Accuracy</td>
<td>7.05</td>
<td>1.57</td>
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The researcher attributes that the use of visual imagery leads to the possibility of detection of negative situations in kinetic images drawn in the brain in the form of dynamic program and therefore processed through repetition and correction of errors, this is what the players are working in the daily training on skill Mohammed Abdul-Hussein., (2008) referred that visual imagery associates with different sensibilities in the human body, especially the sense of sight and the ability of this sense on the transfer of visual stimuli to the brain and the ability to identify major exciting and real processing for this exciting and selection appropriate response.

The table (2) shows the arithmetic mean of the imagery of auditory which is (13.45) and standard deviation (2.82) while the arithmetic mean of the accuracy of the aiming (7.05) and standard deviation (1.57) and calculated (R) value amounted to be (0.802), which is greater than the value of tabular (R) amounted to be (0.444) when the degree of freedom (18) and below the level of significance (0.05), and this means that the relationship between auditory imagery and accuracy of aiming are high positive relationship.
Table (2)
Shows mean, standard deviation, and correlation coefficient between auditory imagery and accuracy of aiming

<table>
<thead>
<tr>
<th>N</th>
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<td></td>
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<td>Calculate</td>
<td>Tabulate</td>
</tr>
<tr>
<td>1</td>
<td>Auditory Imagery</td>
<td>13.45</td>
<td>2.82</td>
<td>0.802</td>
<td>0.444</td>
</tr>
<tr>
<td>2</td>
<td>Aiming Accuracy</td>
<td>7.05</td>
<td>1.57</td>
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</table>

The researcher attributes that hearing sense when is combined with the visual sense lead to the formation of a better picture of the work to be learned thereby forming comprehensive kinetic programs and contains a multi-dimensional, and this in turn leads to better learning includes all the variables related to the environment and this was confirmed by (Shimon., 1995) which indicated that the brain takes a picture of the surrounding either by sight and collection of visual information or through hearing and convert the guidance and descriptive information to the picture that interference in the brain and are treated better (Mohamad Al Araby., 1996).

Table (3) shows the arithmetic mean of the kinetic sense which is (13.45) and with standard deviation (2.78) while the arithmetic mean of the accuracy of the aiming (7.05) and with standard deviation (1.57) and calculated (R) value amounted to be (0.873), which is greater than the value of tabular (R) amounted to be (0.444) when the degree of freedom (18) and below the level of significance (0.05), and this means that the relationship between kinetic sense and accuracy of aiming are high positive relationship.

Table (3)
Shows mean, standard deviation, and correlation coefficient between kinetic sense and accuracy of aiming

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The researcher attributes that compatibility neuromuscular has a main role in getting high accuracy in guiding the kinetic response and rising of the value of the correlation coefficient, the compatibility between the nervous and muscular is great importance in the success of any response or skill, whether simple or complex, and this is consistent him (Mayouf., 1987) where he found that the kinetic sensations play an important role in the process of compliance activity for skills that require a distinction between its various parts.
Table (4) shows the arithmetic mean of the accompanying emotional state which is (14.05) and with standard deviation (2.76) while the arithmetic mean of the accuracy of the aiming (7.05) and with standard deviation (1.57) and calculated (R) value amounted to be (-0.812), which is greater than the value of tabular (R) amounted to be (0.444) when the degree of freedom (18) and below the level of significance (0.05), and this means that the relationship between accompanying emotional state and accuracy of aiming are high positive relationship.

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</table>

The researcher attributes that whenever the central nervous system low arousal increased motor control and increased accuracy and study subject can control their emotions and isolated because the idea emphasizes mood and the mood is born the act, (Mohammad Hassan Allawi., 1987) confirmed that the player who distinguished by psychological balance is his ability to control his behavior during situations characterized by a strong emotional arousal which appears in cases of failure and defeat, and the emergence of obstacles is characterized by a high degree of difficulty.

4. Conclusion

the study concluded that the visual imagery is of great significance in increasing the accuracy of aiming in football and auditory imagery has a relationship with a high correlation to increase the accuracy of the aiming as well as the kinetic sense in all different parts of the body for a moment the aiming is very important in the outcome of the aiming. In addition, whenever increased accompanying emotional state of the skill results in decrease of aiming accuracy and also the good control in the motion picture mentally leads to optimal exploitation of skill.
References

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