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Effect Of Using Thinking Strategies On Enhancing Sport Confidence And The Accuracy Of Performance Of Shooting For Young Athletes In Basketball.

A Research for getting Ph.D in physical Education

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The research problem

The physical education field has witnessed a great progress & development in all fields that became hard to reach to the best styles except we have some conditions and requirements in the Preparation style & training and these style has integrated from the physical psychological and mental sides.

With the development in the skills sides & tactic sides of basketball and the high speed play than of the game and its accuracy and the existence of the struggle among the defenders and attacker in the two halves of the game to win the shooting skill has become one of the game skills as it plays an important role in determining the game result for one of the teams because the total shooting times which is written in the papers game which reflects the game's achievement for the both of the two teams shooting is the only way to determine which team achieved better after the game the team who won who has more points than the other.

The mental training has become one of the technology training strategy which gets a great importance by a lot of professional in this field because it has positive & productive part in developing the scale of motion performance specially the mental skills and psychological skills became important in developing the style and performance & martens and unestahl agree that training for the mental skills such as muscle relaxation and mental relaxation, tense organize, mental mage focus attention, self confidence and other mental and psychological skills should go side by side with the training of the physical fitness and motion skills by long term preparation to reach high style of sport.

Always explains that when the player shoot the ball he is not just shooting with his hand only but shoot the ball with his thought and his motion & body all too, and when the player, basketball players goes to the playground for competition, the doesn't go with his body only but goes with his all abilities and his mental abilities as the man's activity goes out of his body as a complete psychological and physical unite as a whole unit.

All the training & coaches agree that shooting skills his in the brain scale because good shooters are the players who are able to shoot under press and has a great deal of confidence the confident shooter can control his thought and his feeling which move him . that means not all players need to think positively to be successful players but thy need technical skills as well.

Actually success is about some parts of a complete unit or a process between the brain and the right performance of technical action for shooting so we should give the player the right kind of mental feeling with the right successful performance to get a good shooting that will help to be stable and emotional balance and self confidence support through the training for some mental basic skills such as (relaxation imagine self positive talk).

Mohamed El'Araby Assures for the important of the development of the integration between the brain and the body as it is way to find out the real abilities by the programs of the mental preparation & using thinking strategies as well developing the different mental skills which should be go side by side with the physical preparation programs tactics programs and skills programs, as it gives the feeling of safe and resulted of testing fear of failure and avoid obstacles in performance such as frustration, distraction as a result of mistakes and miss of self-confidence.

To support the importance of releasing the mental & physical power in one way only, , Mahmoud Anan has pointed (1995) that a lot of players didn't achieve their goal by wining the competition that they were the nearest to win that by the reactions control their never reaction on the body and the mind instead of controlling them and direct them to performance by self control and nerve-balance and ability to remember and realize the competition environment.

Thinking strategies represent the final stage in the mental training after doing well of the two parts of basic mental training and mental training for the specific & professional skills for the sport activity which can help to increase the self confidence and the ability to solve the problem before and during the performance because Mohamed Al'Araby sees that it contains all kinds of behaviors & thoughts from the beginning of the competence when the player is under the complete control of the people who hold the competence. And all the relaxation & cure procedures which should be followed after the game the content of the strategy could be determine according to the activity which id done and advantage of the player.

Mohamed Al'Araby point from mureasun that the thinking strategies is different according to the sport activity and it should be planned for all details in advance and make it under control and should be programmed mentally to increase the focus on performance and to get the hoped target.

The Aim Of The Research

This research aims at recognize the effect of the thinking strategies in developing the sport confidence and the accurate shooting for the young basketball players.

The Research perceptions :

- 1- there are clear statistical differences indicators between the controlling group and the experimental group in the thinking strategies for the experimental group.
- 2- There are clear statistical differences indicators between the controlling group and the experimental group in the sport confidence for the experimental group.
- 3- There are dear statistical differences indicators between the controlling group and experimental group in the level of shooting accuracy in basketball for the group .
- 4- There is a continuous relation between the development of the sport culture and the accuracy of shooting for the young player of basketball.

The Research plan and Procedures :

*** first the Research plan :**

The Research method :

Experimental method by using the Experimental design for two group one controlling & another Experimental .

Research environment :

Student of the preparation school & first secondary sport school in benha.

*** Research sample :**

On Purpose sample of 30 students under the age of 16 divided into groups each one is 15 student. There are equivalents among that in the Chan gables of the research via the center of the statistical studies & research measures in Cairo university.

*** Data collecting methods :**

- special methods to measure the descriptive changes using these tools :

1-length – using restameter machine.

2- weight – using medical weight machine.

3-age – via date of birth.

*** methods for measuring the physical changes :**

1- Coincidence test.

2- fitness test .

3- arms muscle power test .

4- Legs muscle power test.

5- Jumping shooting accuracy test.

*** Special methods for measuring the psychological changes :**

- 1- the photographed intelligence test.
- 2- the measure of the mental strategies in the sport field.
- 3- the measure for the ability to relax.
- 4-the measure for the mental image in the sport field.
- 5- the net test for the attention.
- 6-The list for the sport confidence.
- 7-The list for the sport confidence status.

*** jumping shooting accuracy test :**

The suggested program for the mental strategies the objective of the program:-

The program aim at

Developing the basic mental skills (mental & physical Relaxation – mental imaging – focusing attention)

Developing the mental strategies (thinking in the skill full duty- positive self – latking – duty partition)

Program timing :-

12 weeks 3 times of training units 45 minutes in each unit divided as follow :-

30 minutes mental training

15 minutes Skills training

Program content :

The suggested program includes a group of prospects as follows :

1- the basic mental skills

- the muscle relaxation.
- the mental relaxation.
- the mental imaging .
- focus attention

2- the mental strategies :

- thinking in the skillful duty.
- The positive self – talking.
- Duty partition

Secondly : the research procedures :

Discovering studies were made discovering studies in the time from 23 – 9 - 2009 to 7-10-2009.

Pre – measures :

Pre measures were made for all the changes of the research from 11-10-2009 to 14-10-2009.

Adoptions of the suggested program for the mental strategies :-

The Adoptions of the suggested program for the mental strategies from 18-10-2009 to 18-1-2010.

Post – measures :

The past measures were made from 20-10-2010 to 23-1-2010

Statistical procedures :

The statistical procedures have been done and the result was got by the Consultation & studies center in Cairo university

The result was efficient for the suggested program of the mental strategies in developing the level of doing the shooting skill in basketball and it also clarify the role of training for the mental.

Strategies in developing the sport confidence as a trait & status for the players & developing the relaxation skills and the mental imaging & focusing the attention.

The most important recommendation :

- 1- using the thinking strategies in the skills duty self – talking , duty partition side by side position with the suggested program aced in the training of the basketball as the result show and the research groups as the importance of these strategies in developing the accuracy of the skill performance .
- 2- take care in training the basic skills for the mental training specially the muscle relaxation the mental imaging focusing attention as they have an important role to increase the efficiency of the mental strategies and have good result or out care in developing the skill performance .
- 3- take care of making programs that work for increasing awareness among players in all sport level to recognize the best level for consulting to find the way to adapt the mental strategies to direct the tension during the tension during the training competition.

