

Designing the proposed program for the development of some mental skills to upgrade the skill level of the traps boxing junior

Research Problem :

Considers boxing a sport practices on an individual basis by the rules established and defined by the law and in accordance with technical specifications for the circuit in the light weight concrete, as it sports the same friction violent they sport strength, mind and art Almtosp on athletic activity a meaningful and educational, with the interference between the boxers during the clash violent rule during game play and competition .

The requirements the ability to make decisions quickly through the rapid reaction, it is sport of attack and defense, as the purpose of which is the ability to perform a series of punches and moves and technical skills in defense and attack, and the way that is carrying out the attack to punch or the performance of movements of deception to avoid the punch .

So it must be characterized by self-confidence of the boxer's ability to perform skills, punches, and the performance of defensive moves, and the required level of deception, as well as investment in mental skills competition .

And playing the mental play an important role in the sport of boxing, where it refers Abdul Hamid Ahmad (1989) noted that the boxing expertise is required mental side of physical abilities, and Boxer will not amount to

improve its capacity whatever the level of progress the technical skills without the development of skills substances, such as perception tactical because the nature of competitions in boxing requires the possibility to continue this effort to intermittently for a day or two depending on the number of participants in the competition, in addition to a competition in the sport of boxing, which contains a collection of games converging in the preliminary round lead in the specified time, which requires the player focus of attention for short periods of time and intermittent as well .

As noted by the researcher during a coaching career in many training centers, youth centers and clubs, that the process of learning and acquiring various skills and punches and movements of deception as well as the movements of the two men are the traditional way of education, which needs to effort plus through repeat performance, in addition to the difficulty in remembering and retrieval of parts skill that is learned, because of the different skill level for the boxers rookies, some of them going through stages of learning the three consensus first, compatibility good, until it reaches the stage mechanism in performance at an ideal time, this category is characterized by the high level, and some of them up at the same time stage good compatibility only, and so-called category is characterized by the standard of good, and some of them remain in the first stage and this is the category of low level, a majority of boxers .

As noted by the researcher that some of the boxers who called up the quality level they have the capacity that qualifies them to develop this level and to raise, having been twice the level they have to

inadequate methods of teaching and training method used, and used in the transfer of knowledge and information I have that class of boxers, was also due to the omission of the mental education and training, where he noted researcher that some of the skills of deception does not get much attention from the Egyptian trainers, although the skills of deception, require experience and skill of the boxer does not come this experience, but learning and gradual, like the basic skills the other, and often find that some games ending in favor of boxers most elaborate of the skills traps and deception requires boxer attacker to use his hands or leg or torso to deceive the opponent, so moving one or some of these members of the movement is simple just rival that he would pay a punch or a set of punches to the area of the body, and if tried Competitor response to this performance generated LES loophole boxer attacker and the payment of a punch or a set of punches to the gap, which uncovered the deception and by rival boxer recognize the attacker on the reaction of the opposition and the form .

Also noted researcher, it is the reality of exercises for players they reach the top level during training and during competition, low levels, which affects the technical level of players, which puts a lot of pressure on the players and to competition, as well as the low level of mental skills, especially the focus during the performance requirements skills and also shows that when the player is located in the face of rival high-level achievements and the owner had already fought with multi-player competition, which affects the ability to think positive and not being able to stop the negative thoughts that may result in a decrease in the level of performance .

Hence the idea of research is supplemented in a bid to design a program proposal for the development of some mental skills to improve the skill level traps in the sport of boxing for young beginners in the least time possible to identify the effectiveness of the proposed program in the development of some mental capacity Kakedrp relaxation and the ability to focus attention and their impact on skills development deception to young boxers under (18) years .

The importance of research and the need to Rests with the State in general, and physical education in particular, upgrading of Sport, the interest in turning the people in all fitness and skill, mental and psychological, as the field of physical education from the educational fields important and effective in building the future generation any society, by working in the field of education sports, whether in sports or training sector in the education sector.

A - The scientific importance :

Lies the importance of scientific research in the fact that a study of the program is designed for the development of mental abilities address the high or low in some of the skills of deception in the sport of boxing, despite the importance of those skills, and to the knowledge of the researcher - This is the first study on the impact of the development of some mental abilities such as the ability to relax and the ability to Trkizalantbah in the level of performance skills at deception arising under boxing (18) years .

B - Applied importance:

Significance lies applied to study in the light of the outcome of the study results (feedback) in the development of some mental capacity to the youth team, boxing, thus increasing the levels of skill performance for the boxers, and through the training program is designed on a scientific basis for this purpose can make use of the training sectors, youth team boxing .

Research Objectives

The research aims to try to determine the effect of some mental skills on the skill level of the traps boxing U-(18) years, through :

- 1- determine the level of performance skills to the youth team under boxing (18) years before and after the implementation of the proposed program for the development of some mental skills to improve the technical level of some of the skills of deception .
- 2- determine the level of capacity - under discussion with the youth team under boxing (18) years before and after the implementation of the proposed program for the development of some mental skills to improve the technical level of some of the skills of deception

Research hypothesis :

- 1- There are significant differences between pre and post measurement skills in deception - under discussion with the youth team under boxing (18) years .

- 2- There are significant differences between pre and post measurement in the skill of the ability to relax under the youth team boxing (18) years .
- 3- There are significant differences between pre and post measurement in the skill of mental perception of boxing youth team under (18) years .
- 4- There are significant differences between pre and post measurement in the skill focus of attention in boxing youth team under (18) years .
- 5- There are statistically significant relationship between the mental processes and skills of deception to the youth team under boxing (18) years .

Research Methodology :

Experimental method experimental design, pre and post measurement of one group, because of its relevance and nature of the search .

Community Search :

Stml research community on the young players under boxing (18), and registered the Egyptian Union of boxing training for the season (2008 / 2009) years .

Sample Search :

The researcher selected sample of the research the way intentional of its players under (18) years Club arsenal, sports, and registered the Egyptian Union of boxing-season training program (2008 / 2009), The volume of the sample (23) boxer representing (65.72%) of the indigenous community R &'s (35) boxer .

Search Tools :

To collect data required for research, and to achieve the objectives of the research, the researcher used the following research tools :

- 1- Form of dating and evidence of the player .
- 2- test "Cattle" of intelligence (Scale II) / design Cattle Cattel .
- 3- measure of the ability to relax / Design Frank Vitale Frank vital (1971 m . (
- 4- a measure of mental visualization in sport / Design Martens Martens (1982 m . (

- 5- Test Grid Focus / Design Dorothy Harris Derthy hariss .
- 6- A form to evaluate the performance of emerging boxing skills of deception / Design Researcher (2004).

Time frame of the program:

- Duration of the program: (12) weeks .
- The number of units per week: (3) a week .
- Number of units of the program: (36) Unit training .
- Time Module: (30) minutes .
- Total time for the program: (18) hours .
- The timing of the implementation of the Unit: by skills training .

Conclusions:

In light of the results of research and within the research sample and methodology used, and style of statistical analysis approach enables the researcher to reach the following conclusions :

1- that the average ability to relax in the research sample had reached the amount of (35.91) in the measurement of tribal, while the amount of the average the same capacity in the research sample (40.78) in the telemetric, has made these differences statistically significant between the average indices pre and post at the level of significance (0.05) in the skill of the ability to relax and for the average telemetric, the researcher attributes these

differences to the impact of the training program of mental, which led to the development of the ability to relax, and contains the program on many of the exercises muscle relaxation and mental development, in addition to being overwhelmed by the program to address the mind in explaining the concept to relax some of the concepts and for its contributions to raise the level of motor performance .

2- There are significant differences between the average indices pre and post at the level of significance (0.05) in the skill of focusing attention and for the average telemetric, where the amount of average ability to focus attention in the research sample in the measurement tribal (8.09), while the amount of the average the same capacity (10.65) in the dimensional measurement .

3- There are significant differences between the average indices of tribal in all dimensions of the skill of perception the mental level of significance (0.05) for the average telemetric, where Tmaid amounts of average dimensions of the skills of perception of mental ability in a sample search in telemetric anything about the averages of the same dimensions in the skills perception of mental measurement tribal, with an average amount of visual perception in a sample search in telemetric (17.26), while the average amount of the same ability to measure tribal (13:48), and the amount of the average audio perception among a sample search in telemetric (16.26), while the average amount of the same ability to measure tribal (13:04), but for the ability of the Motor Sensory perception has amounted to an average of a sample search in telemetric (16.13), and decreased the average amount of the same ability to measure tribal (12.74). As the amount of the average perception of

emotional in a sample search in telemetric (17.35), while the amount of the average the same ability to measure tribal (13.73), The amount of average ability to control the perception among the research sample Ge telemetric (17.52), while decreased The amount of the same capacity in the measurement tribal (14.4).

4- There are significant differences between the average indices pre and post at the level of significance (0.05) in all the skills of deception - under research, which was in the skill circuit fists front, skill Bash incomplete, and skill inflexible knees, and the skill of a half step forward, came came All these differences for the average telemetric in these skills .

5- The rates of improvement in the average of the average for telemetric measurement of tribal skills in deception under discussion has ranged between (148.86%) to (79.79%). The researcher attributes this improvement in the skills of deception under consideration the positive impact of the training program of mental development of mental capacity - under consideration by the research sample, which consisted in being able to relax, and focus attention, and perception of mental dimensions (perception, optical visualization audio, visualization Motor Sensory, visualization emotional, and control in the perception, and this is reflected positive impact on the performance of the four skills of deception in the research sample, whether in imaginary punching, punching, punching unconditional free .

6- There is a link to a centrifugal strong statistically significant at the level of significance (0.05) between mental abilities and skills of deception - in question, as

the value of the correlation coefficient between them (0.98) in the research sample, this means that the development of mental abilities, namely in (relax, and focus attention , visualization, optical visualization audio, visualization sense activist, and the perception of emotional, controlling perception) affect fighter planes at the level of performance skills, traps four (skill circles fists front, skill Bash incomplete, and skill inflexible knees, and the skill of half-step ahead) to the emerging boxing under (18) years .

Recommendations:

Based on the results reached by the researcher in this study lead researcher of the following recommendations :

- Guided by the importance of developing mental capacity as a factor to upgrade the skills Bmsty performance from traps in boxing .

- Use of Balo_khasaiy sports psychologist and coordination between him and coach for the success of the training process .

- The need for the sports psychologist to the development and the development of mental skills to the youth, the promise of insufficient attention to the international players .

- Emphasis on each of the sports psychologist and the player that the mental skills need to be trained continuously until you reach the level which they can be employed in competitive situations.

- Further studies on the similar activities of other players to get to know the capabilities and skills of mental traps characteristics of each of these activities .