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Role of the psychological preparation in achieving coherence and enthusiasm to football players

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ملخص:

أصبحت كرة القدم تسير التكنولوجية، وتطور العلوم زاد تطور هذه الرياضة وهذا التحسن كان نتيجة الأبحاث في مجال الرياضة وتفاعل العلوم المختلفة كعلم التشريح، علم النفس وعلم الاجتماع وعلوم أخرى، كلها ساهمت في رفع مستوى الإنجاز الرياضي والارتقاء بمستوى هذه اللعبة الأكثر شعبية، مع تطوير الحالة التدريبية للاعبين في عدة جوانب التقنية، التكتيكية النفسية مع التركيز على التحضير النفسي الجيد الذي يهدف لبلوغ أعلى درجات في الأداء الرياضي والحفاظ على روح الفريق وتماسكه واستمرار علاقة اللاعبين فيما بينهم وشعورهم بالانتماء إلى الفريق لتحقيق هدف مشترك وأيضا هناك موضوع الدافعية إذ أن يعرف لماذا يقبل بعض اللاعبين على ممارسة النشاط الرياضي داخل الفريق مما يخلق دوافع وعوامل تساهم في الرفع من مردود اللاعبين تؤدي إلى تحقيق نتائج إيجابية أثناء المنافسات.

Abstract:

1. The Problematic of the Study:

The process of preparing sportsmen to participate in sport competitions is an operation of paramount importance. The decisive sport competitions and the multiple championships showed clearly how much significant is the role of the psychological preparation for sportsmen, therefore, the psychological preparation; besides (physical, tactical and technical) became one of the major pillars in the operation of training sportsmen to participate in competitions. Hanafi Mahmoud says that "the psychological preparation is all the procedures and duties that a mentor puts in order to establish the values of will and to strengthen valuable morals for the player." (Hanafi, 66) Moreover, Nahid Rosen Soker goes further to describe it as "it is finding the positive solutions to all psychological problems that one suffers from, and which is related to the personality and to the behavior inside the area of plying and training, this latter also claims that the psychological preparation before games is to find the necessary procedures to trigger the suitable mood for the player"

The psychological preparation plays a focal point in developing the psychological operations of the players, that is why it became a major task besides the physical, proficiency and planning operation. The psychological process goes through several phases in the player's life according-to his life stages, especially the adolescence phase which is regarded as a very sensitive stage in the life of a sportsman where he has certain and basic changes that are related to his body pressure and feelings which affects his behavior as a sportsman, this phase is characterized by many features such as the sedulity