SOME MENTAL ABILITIES AND THEIR RELATIONSHIP TO THE SKILLS OF LONG-RANGE SHOOTING AND HANDBALL PLUMBING FOR YOUNG PLAYERS

Dr. Falah Mahmood Ahmed
Deputy Minister, Ministry Of Education, Republic Of Iraq
Dr_f_alqaisi@yahoo.com

I. INTRODUCTION TO RESEARCH

Introduction and the importance of research

The high sports achievements achieved by athletes in various sports in general and the group of games in particular did not happen by chance, but came as a result of the development of various sports, physiological and psychological sciences. An attempt to invest human energy in the best limits, and interest in sports psychology as an important observation to achieve excellence in sports performance, comes at the forefront of scientific assistance in the success and development of the coach. Sports performance and mental abilities have an important role in the results of matches, as they affect the level of performance of players and their abilities when performing technical and tactical tasks. Players extend their hands as they develop motor abilities and develop their tactical skills that players enjoy. These skills in handball are the backbone of the game, which requires training for a long time. To raise the level of no disease in various active sports, based on the assessment process they desperately need to develop and raise the efficiency of devices which in turn reduce and address errors and defects in these methods and tools making the tools accurate helps researchers to Lus and their goals for being objective measurement tools, also used Tests in the field of sports to measure many general abilities and special achievements in addition to measuring abilities and psychological aspects such as mood and attitudes in addition to evaluation and counseling, where achieving high levels requires the use of test results that give positive indicators about the general condition of the individual, whether functional or motor. Tics, physical, skill or psychological, so the importance of research lies in studying the subject of mental abilities and trying to know the relationship with skills of the type that extends its influence and applauds handball for young players. Age (16-17) in order to enrich the study of the sports library to serve coaches, players and researchers in the field of the game.

Research problem

The game of handball has made great strides by relying on the right foundations and proper planning based on scientific foundations as an approach to it for development and creativity, and that reaching the best degrees of selection can be done by using the best types of tests and standards, and therefore we will be able to choose the best players to play the game of ball The hand, knowing that one of the foundations of choosing the players is to follow the correct steps in the selection and study the variables associated with the game, its physical characteristics, functional adaptations and skills with its tests and psychological aspects.

And because the concept of mental ability is one of the concepts that appeared in the field of sports studies and in a number of different sports, the studies were based on many theories and opinions that studied this concept in the general behavioral and cognitive framework to the sports field, which was ignoring mental abilities and methods of measuring them in its programs when choosing players and paying attention only to the physical, skill and physiological aspects, and because handball is one of the team games that depends on the distinction of its players with a high degree of mental abilities that help them choose and apply different skills, which coincided with the great developments that took place in the game of handball in which motor skills vary Therefore, it is necessary to provide the best and purest skill tests, and through the researcher’s experience in the game of handball, he noticed the lack of interest of some coaches in proper planning for selection from psychological aspects, and they still adhere to methods that are not based on scientific means when choosing players, especially young ones, and perhaps the reason is their lack of knowledge of scientific foundations selection and its steps. Therefore, the research problem arises through the absence of a study, to the knowledge of the researcher, that dealt with mental abilities.
and trying to find out the type of relationship that they have with the skills of long-shooting and handball tapping for young players aged (16-17) years, as choosing the appropriate individual for the type of sports activity practiced is the first step towards reaching the level of the championship, so the researcher dealt with mental abilities and some skill tests for handball players and trying to know the importance and relationship of each to the other in order to reach the best final results that help coaches to introduce mental abilities within the exercises and vocabulary of their training curricula in the event that there is a relationship. It has a document with my skills of long-range shooting and plucking with hand reel.

**Research Objectives**

1. Recognizing the mental abilities of young players (16-17) years old in handball.
2. He learns about Walt Sweep's far skills and the clap ball in the hands of young players aged (16-17) years old with a hand ball.
3. Recognizing the relationship between mental abilities and Walt Sweep's type of running and clapping handball skills of young players aged (16-17) years.

**Research areas**

The human field: the players of the National Center for the Care of Sports Talents, handball, construction youth (17-16) years old.

- Spatial scope: The hall of the National Center for the Care of Sports Talents was closed from Al-Bakrah neighborhood to the Ministry of Youth and Sports / Palestine Street - Baghdad, and the halls and training centers included in the study.
- Date range: from 5/1/2020 to 15/5/2020 AD.
- Research methodology and field procedures

**II. RESEARCH METHODOLOGY**

I will use the researcher's descriptive approach, which is relational relationships to fit the objectives of the study.

**Research community and appointed**

The research community was selected from the players of the National Center for the Care of Sports Talents for Handball aged between (16-17) years, as it was found that the number of players (181) players represent the research community with (8) active centers throughout Iraq except for the Kurdistan region. The researcher chose (60) players intentionally, and among those who expressed their willingness to take the tests, they represented (6) sports centers. Talent percentage (33.149%) and (6) players selected as a trial sample and excluded from the final working sample.

**Methods, devices and tools for collecting data**

In order to obtain the correct data, the researcher Stan intends to collect the following data (Arabic and foreign references, the International Information Network (Internet), tests and measurements, personal interview, a questionnaire form to determine mental ability, the registration form for not the individual with mental abilities tests, the individual registration form for tests Handball skills, legal number of handballs (8), men's weight (450g) and ball circumference (58cm), Huajas No. (6), dynamic dynamometer

**Steps to do the search**

The researcher or S can use the STEMARA questionnaire to determine the most appropriate mental abilities of young handball players aged (16-17) years, which was submitted to a number of experts and specialists in the field of psychology, testing and ball measurement. On the one hand, after collecting and unloading the data and removing the capacity that is less than (75%), the study settled on (attention, kinesthetic sense, and mental awareness) as shown in Table No. (1)
Table No. (1) Shows the most important mental abilities nominated by experts

<table>
<thead>
<tr>
<th>Candidate appearances</th>
<th>Percentages</th>
<th>Attention</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>100%</td>
<td>Attention</td>
<td>1</td>
</tr>
<tr>
<td>×</td>
<td>40%</td>
<td>Creativity</td>
<td>2</td>
</tr>
<tr>
<td>✓</td>
<td>90%</td>
<td>kinesthetic perception</td>
<td>3</td>
</tr>
<tr>
<td>✓</td>
<td>85%</td>
<td>mental visualization</td>
<td>4</td>
</tr>
<tr>
<td>×</td>
<td>15th%</td>
<td>Memory</td>
<td>5</td>
</tr>
<tr>
<td>×</td>
<td>20%</td>
<td>motor reaction</td>
<td>6</td>
</tr>
<tr>
<td>×</td>
<td>10%</td>
<td>Thinking</td>
<td>7</td>
</tr>
<tr>
<td>×</td>
<td>30%</td>
<td>Attention Deficit</td>
<td>8</td>
</tr>
</tbody>
</table>

(Mental Abilities) The candidate is represented to study the following tests

I. (Burdon-Anfimov) Attention Rating Test (1: 1978: 492-498)

A- The researcher used the (Bourdon-Anfimov) test for attention rate, which is one of the most important tests for athletes, and it is used to measure five aspects of attention (acuteness, focus, consistency, distribution, and diversion), and only one aspect of the values (acuteness, concentration of attention) was calculated.

1. Borden Anvimov test for measuring concentration of attention.
2. Sister tapes (Borden - Anfimov) to measure distraction.

Second / Sensory - motor tests

1. Sensory perception test - motor accuracy of throwing the ball with the arm used in shooting (11: 1987: 632).

Cognition/Mental Perception III Scale

The researcher uses the mental mathematical perception scale prepared by (Wiener Martins 1992) and its Arabization (Osama Kamel 2000) (5: 2000: 195), which includes four dimensions (visual dimension, auditory dimension, motor dimension, emotional dimension (mood)), which Ranging in score for each dimension between a minimum of (4) and a maximum of (20), the closer the score is to (20), this indicates the skill in that dimension or a low score means that the player needs to develop this dimension of perception.

Skill tests

2. Rotate the lock 30m with a hand pulley (6: 2004: 289).

III. EXPLORATORY EXPERIENCE

The exploratory experiment is a practical training to know the negatives that the researcher may face during the experiment to avoid them in the future, so the researcher applied all the variables of a study on 20/1/2020 AD on a sample of (6). Players. The most general handball for youth (16-17) years after four days all study variables were re-applied to the same players to extract the scientific basis for the criteria and tests as follows:

The truth

The researcher presented a test (Borden - middle nose) to measure focus, distraction and mental perception, adding a scale to get the sensorimotor perception test and the manual experiment technique using the roller for experts specialized in sports psychology, tests and tests. Measurements and handball, they all agree 100% with all their validity, and so does everyone (honestly the content).

Stability

It calculates the stability test (Borden - mean nose m) to measure focus and attention diversion, which means rejecting the Aiqqa (test and retest) where Ashtbarg was applied (20.01.2020 and then re-apply the same test to the same sample four days later on 25/1). /2020 and using the coefficient, it was concluded that the test was
consistently high due to the fact that its calculated values were consecutive (. No. (2) and then finding the stability
coefficient tests to measure them (mental perception) by (testing and re-testing), where the test was applied on
(20.01.2020) and then the same test was re-applied on the same sample four days later on 25/01/2020 using the
simple parameter Pearson Correlation between Achievements Score H. It was also found that the test was
consistently high due to the fact that the calculator had values of TE (0.8115) and (SIG) value (0.000) which is less
than the value of the approved significance level (0.05) as shown in the table Number 2). As for the sensorimotor
tests, their stability was calculated using the (test and retest) method, where the test was applied on (1/1/2020) and
then the same test was re-applied to the same four sample. After days on 25/1/2020 using the correlation coefficient.
. The Pearson simple between scores of realization that the tests were consistently high is reached due to the fact
that their calculated values are straight (.823, .835, .844) and their Sig values are straight (0.000, 0.000, 0.001)
which are smaller than the level value. The approved significance is (0.05) as shown in Table No. (2). While the
skill tests (correction of long and zigzag clapping for a distance of 30 m) were a sense of the stability of the means
rejecting clapping (test and re-test), where the test was applied on (20.01.2020, then) reapplying the same test on
the same sample after four days on 01/25 /2020, and using Pearson's simple correlation coefficient between the
cognition scores, it was concluded that the tests were consistently high due to the fact that the values The estimated
values respectively (0.850, 0.861) and the (Sig) values have a straight value (0.000, 0.000) which is smaller
than the value of the approved significance level (0.05) as shown in Table (2) as well.

Objective
In order to determine the goal of all study variables, the researcher calculates the value of the Pearson simple
correlation coefficient between the scores of the first and second judgments, which were found to be objectively
high because the values are from their calculated value, respectively (0.942, 0.9364, 0.945, 0.961, 0.911, 0.904), (.947, 0.926 (and values) Sig) have a straight value (0.000, 0.000, 0.001, 0.000, 0.002, 0.000, 0.000) which is smaller
than the value of the approved significance level (0.05) as shown in Table No. (2) Also.

<table>
<thead>
<tr>
<th>Sig</th>
<th>Objectivity</th>
<th>Sig constancy</th>
<th>the exams</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.000</td>
<td>0.90</td>
<td>0.000</td>
<td>0.84 (Borden - nasal m of rate) to focus attention</td>
<td>1</td>
</tr>
<tr>
<td>0.000</td>
<td>0.90</td>
<td>0.000</td>
<td>0.86 (Borden - nasal m of average) to divert attention</td>
<td>2</td>
</tr>
<tr>
<td>0.000</td>
<td>0.90</td>
<td>0.000</td>
<td>0.90 mental perception scale</td>
<td>3</td>
</tr>
<tr>
<td>0.000</td>
<td>0.91</td>
<td>0.001</td>
<td>0.81 cognition - Move with precision throwing the ball with the arm used in the aiming</td>
<td>4</td>
</tr>
<tr>
<td>0.000</td>
<td>0.88</td>
<td>0.001</td>
<td>0.77 Perception of grip strength</td>
<td>5</td>
</tr>
<tr>
<td>0.000</td>
<td>0.86</td>
<td>0.000</td>
<td>0.74 Feeling of time</td>
<td>6</td>
</tr>
<tr>
<td>0.000</td>
<td>0.91</td>
<td>0.003</td>
<td>0.74 Hand reel long shot</td>
<td>7</td>
</tr>
<tr>
<td>0.000</td>
<td>0.90</td>
<td>0.001</td>
<td>0.83 Zigzag chuck for 30 m hand pulley</td>
<td>8</td>
</tr>
</tbody>
</table>

Key Experience
The main experiment was conducted on (2/2/2020) with the distribution of test models (Borden - Nasal M and F) to
measure attention concentration and attention diversion, and the (mental cognition) scale for young handball
players, and accuracy. of the answer. Each thousand readings, all figures and finally tests (perceptual-kinesthetic),
skills tests (remote correction, handball clap) and post-exercise test results were recorded and individual data were
recorded.

Statistical Laws
The data was processed using the ready-made program (IBM SPSS Statistics version 25) to extract the following:
(arithmetic mean, standard deviation, median, deviation coefficient, Pearson simple correlation coefficient)
IV. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS

Presentation and analysis of the results of mental abilities and skills of correcting handball from a distance and applause for young people aged (16-17) years:

After collecting the data, the researcher emptied the data (mental abilities) represented by the test (Bodrn-Anfimov modification) for shifting focus and attention, the mental perception scale, the perceptual-motor tests, as well as the skill tests. Consists of a long shooting test and a youth handball tap (16-17). The year, where the values of arithmetic means, standard deviations, median, and coefficient of deviation were extracted by the moment method for all study tests, and as in Table No. (3) it is clear that the values of the deviation coefficient for all study variables were less than (+1), which indicates a good distribution and homogeneity of the sample.

<table>
<thead>
<tr>
<th>skewers</th>
<th>Mediator</th>
<th>Deviation of the standard</th>
<th>The center of my account</th>
<th>the exams</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.761</td>
<td>0.889</td>
<td>11</td>
<td>11.037</td>
<td>(Borden - nasal m of rate) to focus attention</td>
<td>1</td>
</tr>
<tr>
<td>0.686</td>
<td>0.800</td>
<td>7</td>
<td>7.666</td>
<td>(Borden - nasal m of average) to divert attention first (30) tha</td>
<td>2</td>
</tr>
<tr>
<td>0.153-</td>
<td>0.503</td>
<td>7</td>
<td>6.537</td>
<td>(Borden - nasal m of average) to divert attention second (30) tha</td>
<td>3</td>
</tr>
<tr>
<td>0.552-</td>
<td>0.487</td>
<td>8</td>
<td>7.629</td>
<td>(Borden - nasal m of average) to divert attention a third (30) tha</td>
<td>4</td>
</tr>
<tr>
<td>0.259</td>
<td>0.869</td>
<td>6</td>
<td>5.870</td>
<td>(Borden - nasal m of average) to divert attention fourth (30) tha</td>
<td>5</td>
</tr>
<tr>
<td>0.065-</td>
<td>2.328</td>
<td>83</td>
<td>83.111</td>
<td>mental perception scale</td>
<td>6</td>
</tr>
<tr>
<td>0.308-</td>
<td>0.998</td>
<td>18</td>
<td>17.148</td>
<td>cognition - Move with precision throwing the ball with the arm used in the aiming</td>
<td>7</td>
</tr>
<tr>
<td>0.388-</td>
<td>2.479</td>
<td>40</td>
<td>37.963</td>
<td>Perception of grip strength</td>
<td>8</td>
</tr>
<tr>
<td>0.104</td>
<td>0.810</td>
<td>4</td>
<td>3.944</td>
<td>Feeling of time</td>
<td>9</td>
</tr>
<tr>
<td>0.122-</td>
<td>0.748</td>
<td>31</td>
<td>31.074</td>
<td>Hand reel long shot</td>
<td>10</td>
</tr>
<tr>
<td>0.288</td>
<td>1.487</td>
<td>75</td>
<td>76.222</td>
<td>Zigzag chuck for 30 m hand pulley</td>
<td>11</td>
</tr>
</tbody>
</table>

Presentation, analysis and discussion of its relationship to mental ability with the skills of remote correction and hand-rolling of applause for youth (16-17) years:

The researcher used Bear Sen's only simple correlation coefficient between mental abilities with the skills of long correction and handball clapping for youth (16-17) years old as shown in Table (4). It is clear from the results shown in the table that there is a significant correlation between all mental ability tests, which are the Bodrn-Onvemuv rate test for concentration of attention, the Bodrn-Onvemuv rate test for distraction, the mental cognition scale, and cognitive tests. Meaning - move with brother Tabar M Har from the manual reel for remote shooting and because the values of the calculated coefficients of the link (r) for them were (0.792, 0.815, 0.813, 0.804, 0.799, 0.842, 0.797, 0.782, 0.793) as all values are level The significance (Sig) was lower than the significance level value (0.05), indicating a Mano J correlation for. It is also clear from the results shown in the table that there is a significant correlation between all mental tests, which are the test of abilities (Bodrn-Onvemuv rate) to focus attention, and the test (Bodrn-Onvemuv rate) to distract and measure mental perception and sensory cognitive-motor tests with their zigzag tests of distance 30 m manual reel, because the values of the calculated correlation coefficients (r) for them were (0.912, 0.896, 0.877, 0.864, 0.811, 0.877, 0.794, 0.791, 0.799) since all the values of the significance level (Sig) were less than the value of the significance level . The dependent value (0.05) indicates an association.
The conclusion reached by the researcher is logical, sports performance needs great focus and distraction before and during performance, and it is one of the most important factors required to improve skill performance in the game of handball, and since focus and focus distraction during the performance of handball skills is not an easy thing but to continue training Positive results are reached, and this result is consistent with what was indicated by (Mohamed Sobhi and Hamdi Abdel Moneim 1988) in the match, and focus on the appropriate. The rates and speed of diverting attention to different parts of the playing field according to the performance requirements in the match are two important indicators for the player who has the ambition to reach the highest levels” (13: 1988: 391). The researcher also believes that one of the most important aspects of attention that proves its impact on the level of performance in sports activity is the process of focusing attention, and this is consistent with what was indicated by (Abu Ela Ahmed and Ahmed). Omar 1986) that “focusing attention affects the accuracy, clarity, and mastery of the technical aspects of the motor skill parts” (3: 1986: 74), as the researcher believes that continuous training is what gives a central device in the brain the opportunity to focus on the target during correction, and this is consistent with what Confirmed (Khion 2002) “that excessive repetition of any action will reduce the need for attention and concentration, as well as lead to speed. By pulling information from memory, the player is given tactics and a way of thinking while playing” (18: 2002: 56) As indicated by (Walid Waad Allah 1991) quoting (Sigmank), “the nervous system is the main center that plays its role in the process of focusing on the contents of the performance by exerting maximum nervous energy” (16: 1991: 27), and agrees with (Dorothy Dorothy 1984) ) “The length of time the player spends focusing his attention in the event of preparation and preparation for effective performance qualifies him to adapt positively to the performance of the event, the more concentration is sufficient. The accuracy was good, and if you are not the center of what is happening in front of you, the effectiveness emphasizes the improvement of form” (20: 1984: 82) The result was consistent with the results (Walid Walid Allah 1991) "focus of attention is an important factor in the level of performance skills" (16: 1991: 59), and also consistent with (Muhammad Hassan Allawi, 1979). , "Concentration of attention plays a role. It is important at the level of the sports field, as it is an important factor in the level of skill performance" (12: 1979: 74), and agrees with (Wajeeh Mahgoub 1986)" that the development of different movements is related to the individual's ability to Focusing attention "(17: 1986: 166), and it agrees with what was referred to (Abdul Sattar Jabbar 2002) "as the characteristic of focusing attention is one of the most important manifestations of attention and plays an important role in reaching higher levels because of its impact on accuracy and clarity and mastering the technical aspects of the motor skill parts" (7: 2002: 66) The handball player benefits from distraction by directing his attention to a specific opponent player who deals with him and then quickly diverting his attention to another competing player will lead to...
correction and this is consistent with what was indicated by (Abdul Sattar Jabbar 2002) “that the success of diverting attention from one stimulus to another stimulus related to the timing factor, as excessive or too slow speed, i.e. wrong timing to divert attention, does not help the player to succeed in performance” (7: 2002: 68), and the researcher considers that the similarity of the long shot style and zigzag pat in handball is similar to the sensation tests - Where mobility leads to an increase in the player's ability to focus and accurate performance skills, and this in turn led to the process of cognitive development of this skill, despite the rapid realization of its effectiveness in the performance of handball players, and the ability to identify the competitors' locations and accurately determine their locations affect the accuracy and speed of implementation of many skills, and this result is consistent with what E. les (Mayouf Thanon 1987) (15: 1987: 77–81) and (Hale: 1982) (19: 1982: 379–387) have pointed out that motor sensations play an important role in the consensus process in Skills activity that requires excellence from various a Its reward, and consistent with what Osama Kamel sees. 1990) “The feeling of movement plays an important role in the process of motor coordination. It is either a sense of muscle effort or a sense of resistance in the case of muscle tension, as well as a sense of speed of movement” (4: 1990: 59), and agrees with what was mentioned (Qasim Hassan 1990). “The process of sensation and perception in the sports field is one of the important qualifications to raise athletic achievement Through training, it can develop the player’s sense and perception, as it can enable him to control the motor performance that can be seen through the appearance of his skills in performing the movement in a distinctive way” (8: 1990: 94). A consensus on the upper muscular nerve in addition to the motor coordination between the movement of the ball and the body of the movement. This is in line with what was said (Qasim Hassan 1991) “It is necessary to focus on the training of motor coordination and motor coherence that is put into training programs that use motor coordination for a long period and for a short period. Repetition, Z gets used to the path, perfect movement and time frame” (9: 1991: 47), the skill (term correction) is the crowning end of all skills by a handball player, and also to me this is what distinguishes the skill of shooting on goal is the love of the players and spectators. It is the only way to hit the net and win everyone a trance. Competition and the thrill of victory, and what distinguishes the skill of handball is similarity of the long shot style and zigzag pat in handball is similar to the sensation tests - Where mobility leads to an increase in the player's ability to focus and accurate performance skills, and this in turn led to the process of cognitive development of this skill, despite the rapid realization of its effectiveness in the performance of handball players, and the ability to identify the competitors' locations and accurately determine their locations affect the accuracy and speed of implementation of many skills, and this result is consistent with what E. le (Mayouf Thanon 1987) (15: 1987: 77–81) and (Hale: 1982) (19: 1982: 379–387) have pointed out that motor sensations play an important role in the consensus process in Skills activity that requires excellence from various a Its reward, and consistent with what Osama Kamel sees. 1990) “The feeling of movement plays an important role in the process of motor coordination. It is either a sense of muscle effort or a sense of resistance in the case of muscle tension, as well as a sense of speed of movement” (4: 1990: 59), and agrees with what was mentioned (Qasim Hassan 1990). “The process of sensation and perception in the sports field is one of the important qualifications to raise athletic achievement. Through training, it can develop the player’s sense and perception, as it can enable him to control the motor performance that can be seen through the appearance of his skills in performing the movement in a distinctive way” (8: 1990: 94). A consensus on the upper muscular nerve in addition to the motor coordination between the movement of the ball and the body of the movement. This is in line with what was said (Qasim Hassan 1991) “It is necessary to focus on the training of motor coordination and motor coherence that is put into training programs that use motor coordination for a long period and for a short period. Repetition, Z gets used to the path, perfect movement and time frame” (9: 1991: 47), the skill (term correction) is the crowning end of all skills by a handball player, and also to me this is what distinguishes the skill of shooting on goal is the love of the players and spectators. It is the only way to hit the net and win everyone a trance. Competition and the thrill of victory, and what distinguishes the skill of shooting is accuracy.

V. CONCLUSIONS AND RECOMMENDATIONS

Conclusions
1. The emergence of a link found between each of the mentalities represented by the test of abilities (Bodrn - Onvemuv rate) to focus attention, and the test (Bodrn - Onvemuv rate) to divert attention with my skills, running correction and manual clap for the elderly youth (16-17) years.
2. There is a significant correlation between the mental cognition scale and long shooting skills and handball tapping for youth (16-17) years.
3. The emergence of a statistically significant correlation between sensorimotor perception tests, long shooting skills and handball plucking for youth (16-17) years.

Recommendations
1. The need for coaches to allocate time within the training units for the final results that have been reached as they serve the players.
2. The necessity of re-conducting the study on other handball skills that were not addressed in the study.
3. The necessity of conducting studies on other psychological variables that were not addressed in the current study.
4. The necessity of re-conducting the study on age stages that were not addressed in the current study, and of both sexes.

REFERENCES
2. Father, Ella Ahmed Abdel Fattah and Mohamed Sobhi Hassanein. Mathematical Neuroscience, Oncology, Measurement and Evaluation Methods, Volume One: (House of Arab Thought, Cairo, 1997)
3. Abu Al-Ala Ahmed Abdel-Fattah and Ahmed Omar Ruby. Choosing talented people in the sports field: (Cairo, World of Books, 1986)
4. The whole salary is poisoned. Motives for Excellence in Sports Activity: (Cairo, Arab Book House, 1990)
5. Osama Kamel Ratib. Psychological skills training: (House of Arab Thought, Cairo, Egypt, 2000)
6. Hamad Al-Araibi is back. Handball and its elements, second edition (Baghdad Dar al-Salaam 2004 AD)
Qasim Hassan Hussein. Physiology, its origins and applications in the sports field: (Mosul: Dar Al-Hikma Press for Printing and Publishing 1991)


Muhammad Hassan Allawi, Muhammad Nasr al-Din Radwan: Psychological skills and tests in the sports field: 1, (Dar al-Fikr al-Arabi, Cairo, 1987)


Mohamed Sobhi Hassanein and Hamdi Abdel Moniem. The scientific foundations of volleyball, methods of measurement and evaluation, first edition: (Cairo, Al-Kitab Center for Publishing, 1988)

Muhammad Ali Abu Al-Kishk and Mazen Raouf Hatamleh. The effect of mental training accompanying skill training in developing some sensorimotor variables on the floor mat for students of the College of Physical Education: (Journal of Physical Education Studies and Research, University of Basra, College of Physical Education, No. 6, 1996)


Mayouf Danon Hantoush. Sports Psychology: (Mosul University, Dar Al-Kutub for Printing and Publishing, 1987)

Walid Waad Allah Ali. Focusing attention before performing the first serve with a tennis ball: (Unpublished Master's Thesis, College of Physical Education - University of Baghdad, 1991)


Expresses Khion. Kinetic learning between principle and application: (Baghdad, Al-Sakhrah Office for Printing, 2002)
