



The impact of the program proposal (Psychological - Relaxed - Heuristic) to develop the mental toughness, and its relationship to the sporting accomplishment of players of some Baghdad volleyball clubs for the excellent degree.

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Abstract:

The mental toughness of the important elements in the sporting achievement process, and is one of the psychological variables that contribute to the athlete's ability to respond, in a more positive, the pressures they are facing, and to overcome the difficulties, and solve them during training and competition. Hence, the importance of mental toughness comes because of its interactive relationship with a sporting environment, and has a great role on sporting achievement. So, the researcher prepare a program (Psychological, Relaxed, and Heuristic) to develop the mental toughness to play a big role in sporting achievement.

The paper Aims at :

1. Measure the psychological hardness with the players of some Baghdad volleyball clubs for the psychological degree.
2. Prepare and implement a program (Psychological, Relaxed, and Heuristic) proposal to develop the mental toughness to the players of some Baghdad volleyball clubs for the excellent degree.
3. Identify the impact of the relationship between mental toughness and athletic achievement with some players Baghdad volleyball clubs for the excellent degree.

As for the problem in the lack of interest with the psychological and relaxed aspect, the lack of educational and scientific guidance within the training unit, and an attention came only with the aspect of the physical, skill, and tactical training. And this led to poor mental rigidity to the players in the face of difficulties and pressure in athletic competition, which had a negative impact on the sporting achievement. So, the researcher tend to setup a program (Psychological, Relaxed, and Heuristic) for the development of mental toughness because of its significant impact in sporting achievement.

The research sample included some players of Baghdad volleyball clubs (Karkh Club, Air Club, and Police Club) totaling (32) players, (12) control groups (10) exploratory experiment group. And sample was selected as an intentional manner, and the use of the experimental method to cope with the research problem.

The most important conclusions:

- The Psychological, Relaxed, and Heuristic program applied to the sample had a clear impact in the development of mental toughness they have, as there were significant differences in favor of the experimental group.

Researcher recommended:

- Coaches in other clubs can benefit of the program (Psychological, Relaxed, and Heuristic) in the development of mental toughness for the players.

Key words : the program proposal (Psychological - Relaxed - Heuristic), the mental toughness, relationship to the sporting accomplishment.

1-1 Introduction:

The psychological preparation of the most important factors that team or player will help achieve its goals, as well as physical and skills to prepare for the fact that the psychological preparation to deal with behavioral individual towards any negative attitude or positive, the too many psychological problems to which the individual athlete during training and competition, and that can affect passively in his behavior.

The mental toughness is important element in the process of sporting achievement as well as one of the psychological variables that contribute to an individual's ability to cope with the most positive of the pressures they face and overcome difficulties and solve them during training and competition.

It also is a general trait in personal working on composition and development surrounding the individual environmental experiences since childhood.

The sports field a fertile source for the growth of the psychological dimensions of rigidity through the face of a lot of situations that require a great ability to control those positions.

The importance of this paper from through effective and influential role for mental toughness among volleyball players as one of the psychological variables that have an interactive relationship with a sports environment and has a great role to sporting achievement, so it felt researcher Setup (Psychological - Relaxation - heuristic) proposal to develop a mental toughness the players Baghdad volleyball clubs and their impact on achievement.

The paper Aims at:

1. Measuring mental toughness among the players some clubs Baghdad volleyball excellent degree.
2. preparation and application software (Psychological - Relaxation - heuristic) proposal to develop a mental toughness to the players some clubs Baghdad volleyball excellent degree.
3. identify the impact of the relationship between mental toughness and athletic achievement with the players some clubs Baghdad volleyball excellent degree.

The research problem that psychological problems to which the individual athlete during training and competition too many and that could adversely affect his behavior, and thus on the sporting achievement during the competition and the lack of the attention to the psychological players during training as well as relaxed and guiding the side to get a player into a state of psychological equilibrium and the strength of mental toughness which has dimensions of (control - and the challenge - and resilience - and commitment - and the trend - and change), as the available these dimensions make it the player or team an integrated force of psychological training to prepare working to achieve the required achievement and desired him, as well as the player who has the ability possess high psychological toughness to withstand the pressure that the reach during the competition to remain strong against the difficult circumstances facing it, and then focus on the achievement of the required achievement so felt researcher Setup (Psychological - Relaxation - heuristic) for the development of mental toughness among the players some clubs Baghdad

and determine the effect of hardness psychological player on the sporting achievement during the competition or game.

2-Procedures:

2-1 Experiment:

Used researcher experimental method for suitability to the nature of the problem that meant her research, has been selected sample an intentional manner consisting of players volleyball excellent degree of some clubs Baghdad and of (3) clubs, they (Al-Karkh Club, Club Air, Police Club), as was the choice of the police club experimental group Club air control group either club Karkh to conduct exploratory experiment, which amounted to the total number of the sample (32) for the player, (12) player police Club which is the experimental group and 12 players from the club air they control group and (10) are representing Karkh Club, which has been they hold exploratory experiment.

And that the ratio (32) for the player represented proportion (33.5%) of the original community and to create parity for the two experimental and control group was used test Kolmkrov Samir Nov As shown in Table (1).

Table (1): It shows Kolmejrov Smirnov test between the total experimental group and control group to create parity.

Test	experimental sample	control sample
Kolmkrov Samir Nov test	0,284	0,320
p-value	0,000	0,000

Notes from the above table that the value of (p-value) was (0.000) which is less than the significance level (0.05), and this shows that the two groups equal.

2.2 tools used:

2.2.1 tests to measure mental toughness:

It was selected mental toughness, which was prepared by the scale (Hanaa Hussein structure). (1) a set of first division clubs for some team sports in the province of Baghdad, which included this measure as described in Annex 1, which contains (5) axes, namely:

1. axis control contains (12)paragraph.
2. Commitment axis contains (10) paragraph.
3. axis Challenge contains (10) paragraph.
4. resistance axis has a (9) paragraph.
5. Deliberation axis has a (9) paragraph.

As for calculating the scores for this scale towards the positive of (5-1) according to the alternatives, and the negative direction of the (1-5) according to the alternatives, as shown in Table (2).

Table (2): Shows the direction of the paragraphs of the scale and degree of their substitutes Direction paragraphs

Sides paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
Positive	5	4	3	2	1
Negative	1	2	3	4	5

2.2.2 Programme (psychological - relaxed - Heuristic):

Before applying the proposed program on the experimental sample, the researcher presented the proposed program at a group of experts and specialists in the field of psychology and public sports to take advantage of their views on the appropriateness of the program to achieve the goals, and after discussing the content of the units have been taking observations of experts and suggestions to

be proposed as the final program, as It shows that the percentage of experts is agreement on all the units was(98%) and this has been agreed on the majority of the program prepared stomach units.

2-3 Exploratory experiment:

In order to avoid difficulties that may face the work of a researcher and to work shows a careful researcher has conducted exploratory experiment and that on 01/08/2015 and has re-trial on 05/08/2015 at a group of players Karkh Club volleyball and Premier's (10).

The researcher from the exploratory experiment purpose is:

1. know the negatives and diagnosis information that will face the researcher.
2. know the time it takes to answer the mental hardness scale.

2-4 scientific bases for testing:

2.4.1 veracity:

The researcher presented psychological hardness scale on a group of experts and specialists in General Psychology and Sports, it has been extracting veracity Concomitance, which amounted to (0.98).

2.4.2 The stability of criterion:

The researcher extracted the Stability and using the re-testing to ensure the stability of psychological hardness scale, as the researcher apply the standard on a prospective sample of 10 players from the club Karkh volleyball Premier League with a time lag (5) days between the two trials appeared fortitude r coefficient = 0.86.

2.4.3 objective:

The test objective was to use the views of experts on objective tests, the experts have been agreement on the validity of the measure as it was (84.3).

2-5 The Pre- tests:

The researcher conducting tribal tests of mental toughness to sample variable (the experimental group and the control group) totaling (22) player was distributing them the questionnaire on a scale of mental toughness in the volleyball tournament Premier logical Central first stage on 15/8/2015 until 17/08/2015 and to identify the degree of mental toughness, which is owned by the players.

2-6 Program (psychological - relaxed - Heuristic) proposed:

The researcher prepare a program (psychological - relaxed - Heuristic) and the proposed Annex (2) built one of the modules of the program prepared, and that this program is working to develop the mental toughness experimental research sample, and after conducting tests tribal dish prepared on the program until 20/08/2015 -30/10/2015 the program was included on:

1. The duration of the program included (10) week by (1) unit trained in the day.
2. In the week (4) training modules.
3. The module includes a set of exercises (psychological - Relaxation - Heuristic) as described in Annex (2) Module time (40-50 minutes)
4. give him the entire program to the coach to be performed on the players after the physical and tactical skills and training under the supervision of a researcher.

2-7 of the proposed components of the program:

2.7.1 The relaxed axis:

Athletic competition requires the need to use sports to the fullest abilities and mental and physical operations to try to record the best possible level, which contributes to the upgrading of (attention, cognition, and memory, thinking, and perception, imagination).This comes through the psychological preparation of the players as well as physical and skills to prepare, the players did not have to prepare myself well will lead to generate psychological pressure caused by anxiety and tension of the game or the face of an opponent, and then leads to stimulate the sympathetic nervous system, and this arousal affect the mental and physical processes of the player. So the researcher

prepare special exercises this axis, a (physical relaxation exercises, deep breathing exercises, yoga exercises, massage) exercises.

2.7.2 psychological axis:

The organization of psychic energy of the player and prepare the psychological destruction to him, and that includes the player the best state of psychological readiness, which enables it to cope with the many psychological pressures which may be exposed to in the case of athletic competition and bring it to the psychic energy optimal level of retention of a better psychological state of readiness during a performance in training and competition, has included this axis set of psychological skills, namely, (the focus of attention, self-confidence, and build targets, mental visualization).

2.7.3 Heuristic axis:

Adopted a researcher at the beacon axis on the way theory lecture style group discussion, because the collective style in the discussion reduces the concentration of the individual about the same. The researcher worked to provide a friendly atmosphere with the players based on the contribution and mutual respect, awareness and confidence as well all make way for members of the sample to discuss and formulate opinions and work to involve the majority of players in the debate over the beacon axis especially the players who exceled weakness of their activities and their contribution, and this axis to ensure the skills (self-realization, to achieve compatibility, improve the training process, the development of the player to make decisions decisions)

2-8 The post tests:

Posteriori tests were conducted on 03.11.2015 on the experimental and control groups in the same circumstances in which it was tribal tests in volleyball championship for the Central District second phase.

3. The display, analyze and discuss the results:

3-1 Mean likely show the standard deviation of the axes of mental toughness before and after the application of the experimental program of the sample and the control:

(Table 3): Between the arithmetic mean and the standard deviation is likely to axes mental toughness before and after the application of the experimental program of the sample:

Axes	Pre-test			Axes	Post-test		
	Mean	S.D	Relative importance		Mean	S.D	Relative importance
the control	3.2431	0.0903	64.862	the control	3.9583	0.0435	79.166
Commitment	3.2083	0.0288	64.166	Commitment	3.5417	0.1305	70.834
the challenge	2.7167	0.1029	54.334	the challenge	4.3	0.1044	86
resistance	2.6111	0.0583	52.222	resistance	4.7778	0.3481	95.556
Deliberation	2.7778	0.033	55.556	Deliberation	3.6667	0.116	73.334
Total pre-test	2.9114	0.0246	58.228	Total pre-test	4.0489	0.0371	80.978

We find from the above table that the moral differences in favor of the post tests in the experimental group and this was evident through computational circles that was for all axes was a posteriori tests higher than the tribal tests as well as for standard deviation relative importance as well as psychological hardness scale in total and that the reason for the differences in the interests of the tests dimensionality returns to the program which was prepared by the researcher, which

included many styles, namely, (style relaxed, psychological and style, and style Heuristic) because these methods included getting rid of the fear and anxiety as well as increased self-confidence and break frequency barrier as well as the player guidelines educational and cultural development of his experience filling.

Table (4) : Between the arithmetic mean and the standard deviation is likely to axes mental toughness before and after the application of the program for the control sample:

Axes	Pre-test			Axes	Post-test		
	Mean	S.D	Relative importance		Mean	S.D	Relative importance
the control	3.0833	0.0012	61.666	the control	2.9583	0.0435	59.166
Commitment	2.9	0.2088	58	Commitment	3.0001	0.1044	60.002
the challenge	2.85	0.1566	57	the challenge	2.85	0.0522	57
resistance	2.2778	0.0583	45.556	resistance	2.3889	0.1741	47.778
Deliberation	3	0.1161	60	Deliberation	2.6667	0.1161	23.334
Total pre-test	2.8222	0.1079	56.444	Total pre-test	2.7728	0.0098	55.456

The research sample control shown in the table above that the differences were minor or virtually non-existent among the tribal tests and dimensionality for all axes of the circles calculations, standard deviation, as well as the relative importance as well as the total psychological hardness scale, and that the reason is due to the control sample were not subject to the prepared by the program researcher and the players stayed on the train the trainer prepared without the use of new styles also underwent experimental research sample, which led to no change in the level of the players mental toughness in the tribal tests.

3-2 display, analyze and discuss the psychological level of hardness scale between (experimental and control) tests tribalism:

Table (5) :shows Table Speer Man coefficient of two experimental and control Per - tests :

tests	correlation coefficient Spearman	the significance (level at the 0.05)	the conclusion
The Per-test	0,042	0.995	No relationship

Notes from the above table that the significance level (0.05) less than the value of p-value (0.995) and thus reject the alternative hypothesis and accept the null hypothesis does not exist any relationship.

To test the existence of significant differences are the use of Mann Whitney test to detect whether there are significant differences to test the null hypothesis, and the results were also in the table (6).

Table (6): It shows Mann Whitney test:

Mann whitney	54,000
p-value	0,291

It noted from the table above that the value of p-value was (0.291), which is greater than the significance level (0.05), so we accept the null hypothesis and reject any alternative There are no differences. And this shows that all the players in the club are characterized by a lack of level of mental toughness they have, and this was caused by the clubs did not provide its players Leader or specialist psychological to increase mental toughness they have, which is a factor of raising the self and personal integrity of athletic confidence factors which are reflected on the positive results in training and competitions so the other affected negatively when there is psychological pressure because of training or competition, and this was confirmed by (Ahmed and Khalid Mohammed) (1) that individuals vary in their experiences of life and in the way they treat their things. some of them suffer stress and turmoil almost loses his temper or his poise when facing Overlies problem

or crisis solved it but the player has a high and balanced personal interaction with the crisis with great care and motivation, as anneal adverse events and adjust to them so completely absorbed by high moral nor limits on the laws of society in which they live by.

3-3 display, analyze and discuss the results of the psychological level of hardness scale before and after the implementation of the program on a sample of the experimental group:

Table (7): Table correlation coefficient Speer Mann experimental group shows before and after the application of the program:

tests	correlation coefficient Spearman	the significance level at the (0.05)	the conclusion
Test before and after the application of the program	0,520	0.03	relationship

Notes from the above table that the significance level (0.05) is greater than the value of p-value (0.03) and thus reject the null hypothesis and accept the alternative hypothesis there is no relationship.

To test the existence of significant differences are the use of Mann Whitney test to detect whether there are significant differences to test the null hypothesis, and the results were also in the table (8).

Table (8): It shows Mann Whitney test:

Mann whitney	23,441
p-value	0,04

It noted from the table above that the value of p-value was (0.04) which is less than the significance level (0.05), so we reject the null hypothesis and accept alternative there any significant differences between tribal and dimensional tests of experimental sample and in favor of a posteriori tests. Believes researcher that the reason for the findings of the above results is the effect prepared by the researcher program (relaxed - psychological - Heuristic) proposed what Including of different techniques that have contributed to improving the quality and quantity of performance, as the relaxed and psychological training has a big role in improving performance in the competition this was confirmed by (Mohammad Hassan Allawi). (1) that the relaxed training is successful to adjust their physical and psychological state of the player means it is used with the players who are characterized by a high degree or low tension to the possibility of influencing the level of organization and giving them tension optimization as well as mental practice or the Heuristic which is more effective than non-practice knowledge strategy but are less effective than physical exercise and mental exercise must use a complementary way with the physical practice is to give the best results and if the physical energy can be organized and controlled through the training load planning the mental energy can be controlled through teach the player how to control his thoughts and emotions, and this point has become a special psychological preparation before the competition in the practitioner's activity essentially a requirement in the preparation of the sports to get into the mental toughness required to run in the competition. Therefore, the results were clear by measuring the level of mental toughness for the players before and after the implementation of the program as she was in favor of a posteriori tests.

3-4 display, analyze and discuss the results of the psychological level of hardness scale after application of the program among a sample of the experimental group and the control group for the tests posteriori:

Table (9) : shows Table Speer Man coefficient to measure mental toughness shows after the application of the program for the two experimental and control post- tests:

tests	correlation coefficient Spearman	the significance level at the (0.05)	the conclusion
After application of the test program for the	0,603	0.03	relationship

two experimental			
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Notes from the above table that the significance level (0.05) is greater than the value of p-value (0.03) and thus reject the null hypothesis and accept the alternative hypothesis there is relationship.

To test the existence of significant differences are the use of Mann Whitney test to detect whether there are significant differences to test the null hypothesis, and the results were also in the table (10).

Table (10): It shows Mann Whitney test:

Mann whitney	18,921
p-value	0,02

Noted from the table above that the value of p-value was (18.921) which is less than the significance level (0.05), so we reject the null hypothesis and accept the alternative any no significant post-tests between the experimental group and control group differences in favor of the experimental group, believes the researcher through the findings that the reason is that there stimulate physiological occur to the players before the competition or the game as a result of competitive situations may explain the player this situation as a state of anxiety or a sign of the signs of discomfort associated with the performance or competition, and this is what leads him to doubt his abilities and this is due to grasp the player of no confidence in his ability to cope competitive position as well as the weakness of mental toughness has (1), and this is shown by the results of the level of mental toughness for the tests after the implementation of the program and was in favor of the experimental group as the program showed that a significant and clear role in the development of the level of mental toughness for the players through the performance during the competition.

3-5 display, analyze and discuss the relationship between sporting achievement and mental toughness for the two experimental psychological hardness after the application of the program:

Table (11) : shows Table Speer Man linked to the completion of the sports and mental toughness for the two experimental and control coefficient shows after the application program

tests	correlation coefficient Spearman	the significance (level at the 0.05)	the conclusion
Sporting achievement	0,669	0.022	relationship

Notes from the above table that the significance level (0.05) is greater than the value of p-value (0.022) so we reject the hypothesis of nowhere and accept the alternative hypothesis of any no relationship between sporting achievement and mental toughness and see the researcher through the results that there is a relation between clear between mental toughness and sporting achievement as you see to characterize the performance of the sports fluctuate and instability when you subscribe to sports competitions back caused by some psychological factors such as excessive anxiety and fear of loss and the inability to focus on performance and non-compliance with laws and lack of control over Emotions ... etc. It is unlikely that the return of instability performance level player in sports competitions to the physical abilities or skills because it is characterized by stable nor undergone change is usually not due to injury or illness so the numbers good psychological aims to help the player in control of his thoughts and emotions in order to achieve a better level of performance with differing conditions of competition. (1) and the ideal performance of the athlete comes through the physical preparation as well as psychological preparation, which include the development of mental toughness.

4. Conclusions:

1. The psychological program relax and beacon applied to the sample had a clear impact on the development of mental toughness they have, because there were statistically significant differences in favor of the experimental group.

2. The development of mental toughness among the players reflected positively on the outcome of the game and the competition (sporting achievement). This shows that mental toughness has a great role to sporting achievement.

3. The results have proved that there is a close relationship between mental toughness and sporting achievement.

5. Recommendations:

1. possibility of benefit trainers in other clubs of the program (relaxed - psychological - Heuristic) in the development of mental toughness for the players.

2. further research and similar studies on players in other games (basketball, volleyball, handball).

3. researcher need to develop other psychiatric programs and recommends a longer period to achieve integrated psychological preparation.

4. The need for the presence of my coach, similar to coach physical necessity for the success of the training process.

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Supplement (1)

Psychological hardness Axes included the following themes:

1- the control Axis						
series	Paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
1	I can achieve my goals no matter what the difficulties encountered in the course of the competitions					
2	I have the ability to control my emotions and My emotions during competitions					
3	I do not have the ability to cope with fatigue during competition					
4	I have the ability to tolerate the opposing whatever the size of the problem					
5	competitor can easily stirred and provocative in the course of the game					
6	I apologize from his coach that the problem					

	between us occurred					
7	that the sense of failure Abide during important competitions					
8	I have the ability to staying calm during difficult competitions					
9	been quiet and control in the course of the challenge in difficult games					
10	perpetual anger at the direction of the opponent's mistreatment me					
11	11 does not bother me too much of the referee's decisions					
12	became agitated when someone interferes too much in the course of my preoccupation applying the game plan is expensive out of the coach					

2- Commitment axis

series	Paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
1	I have had a good relationship with my players					
2	I feel a personal grainy between sports audience					
3	deal seriously with different situations in the course of the competition					
4	accept the coach guidance during and after the sports competition					
5	tend to isolation from colleagues during training					
6	I have the ability to manage my affairs without coach instructions during competitions					
7	I feel that I will abide by the instructions of the coach during training and competitions					
8	difficult for me to accept the coach that contradict with my thoughts that I believe in orders					
9	I have the ability to help players undecided and raise their self-confidence					
10	I look forward to achieving great success in important competitions					

3- The challenge Axis

series	Paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
1	I feel that the difficult conditions increase my determination to provide the best					
2	I have the ability to cope with the psychological pressures that I face					
3	I see that I have made an important effort in the course of the competition will not realize my goals					
4	I refuse to give in to fear and hesitation in the course of strong competition					
5	I have the ability to complete all of the tasks to What is eaten Association accurately from his coach					
6	I feel that my goal of the competition is to achieve excellence and not just win					

7	force my will push me to achieve the desired goal					
8	I enjoy competition, which are strong and challenge					
9	aspects of constructive criticism of my fellow players when he requires it					
10	to weaken the repeated disappointments of my control					

4- resistance Axis

series	Paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
1	I have the ability to withstand hunger if the training for a long time					
2	I have the ability to withstand pain and fatigue to the end of the game					
3	making a very great effort in the competition without feeling tired					
4	I do not feel despair when I loose frequent competitions					
5	I have a sense of the ability to achieve success no matter how strong the competition					
6	I can adapt and deal with everything new in the course of training					
7	I have the ability to continue training despite feeling uncomfortable					
8	I have the ability to cope with the attack quietly during the competition from the other team					
9	resent directives coach during competitions					

5- Deliberation Axis

series	Paragraphs	Apply to a very large degree	Apply to a large degree	Apply to moderately	Apply to a low degree	Does not apply never
1	motivation and perseverance distinct style that he used during training and competition					
2	taken timely decisions in the course of the competition in the light of the circumstances that I face					
3	plan before the start of the competition to focus all my energies on organizing skills and psychological					
4	weak relationship with the coach makes me hesitant performance during competition					
5	committed to calm and focus during intense rivalries					
6	I would like to be as good as my					

	performance athlete during training and competition					
7	When I am having a problem in training and I can not be resolved by asking do I coach them					
8	I help my fellow players in the decision-making during training and competition					
9	sometimes shirk implementation of the coach's plans that do not suit me					

Supplement (2)

Model of the modules of the program (relax - psychological - heuristic) proposal.

Module: the first unit time: 40-50 minutes axes: Relaxation, myself heuristic

- Psychological axis:

* Exercise visualize performance errors for disposal exercise time: 8 minutes. Rest period: one minute player needs sometimes to summon a mental picture of the performance of kinetic skills in order to detect errors, and try to get rid of them, and through evoke a mental picture of psychomotor skills many times from different angles to see the shortcomings in the performance. Imagine the player performance again catchment with all his senses and feelings to focus on citizen error and what is the source of its occurrence and any body parts deviate from the true performance and any muscle groups operate in the schedule track. Then what fashion style to get rid of the error and then perform the correct performance, followed by the previous procedure a period of relaxation, then the perception of aspects of expected positive to correct performance, and repeat it several times to check on the feeling of true performance, then important that culminates practice efficiency and after verification of the effectiveness in getting rid of mistakes, exercise more mental exercises to improve the performance of skill.

* Exercise imagine a better level of performance of exercise time (5) minutes. Rest period: one minute This method involves the player to imagine a better performance already achieved, and in this way the player a mental picture of the performance as a whole does not conjure, but specializes's specific skill previously performed flawlessly managed.

- Axis relaxed:

* Exercise progressive muscle relaxation (relaxing step by step) Exercise time: (70 sec) the number of iterations: twice the time of comfort: one minute.

The first step: time is (10) a second ----- the wrinkle your forehead and tight eyebrows, proved and then relax.

Step Two: time is (10) a second (Eyes) ----- eyes firmly shut, proved and then relax.

Step Three: time is (10) a second (nose) ----- wrinkle your nose and bend unscrew, proved and then relax.

Step Four: time is (10) a second (tongue) ----- Push your tongue steadily towards the roof of your mouth, and then proved to relax.

Step Five: time is (10) a second (face) ----- gloomy, proved and then relax.

Step Six: time is (10) a second (jaws) ----- tightening your jaw strongly, proved and then relax.

Step Seven: time is (10) a second (neck) ----- strain your neck because of your chin to your chest toward the bottom, and then proved to relax.

* Exercise control Breathing . Exercise time (4) minutes rest period: one minute.

1 - Sit or Stand in the place where you can see it clearly hour, put your hands on the lower part of Ribs, then count breaths (Inhalation and exhalation) in one minute (normal count up between 14-16).

2 - breathing faster than usual in a full minute, and is well known that man can increase the speed of his breathing without difficulty.

3 - relax, less than one minute until subside rapid breathing and then repeat the exercise but this time tried to breathe more slowly than normal breathing in a whole precise manner workout you will find that it is possible to rely on the slow breathing so up times your breathing in a minute (six times) only It is the normal rate during meditation exercises.

* Exercise Massage: barotrauma using acupuncture to relieve head pain accompanying the case of stress. Exercise time: (5) minutes and is applying light pressure on the two points in existence at the base of the skull at the site of these two points are the neck point of contact with the skull on both sides of the head, Humanism, the pressure on these two points down for five minutes.

* Yoga Exercise (stare to the ceiling) time of exercise: (3) minutes.

- Stand straight and take a wide step forward, join hands with each other in the back and lift your head to the top like you're staring into the ceiling proved a minute.

- When you return to the starting position, drop your head first, and then stretched Loosened your chest, then your hands slowly, and then the other guy instead and re-exercise until you feel completely relaxed two minutes.

- **heuristic axis:**

The subject of the lecture (the importance of self-confidence and their relationship with self-worth) The meeting for 15 minutes. Is a very important self to relate to the confidence of self-worth and appreciation of sport for himself, that self-esteem value to the athlete occupies great importance that were not the most important in the psychological preparation of the athlete plan, if self-value that represents the basic concept that must always be taken into consideration, if we want the players training successfully, there is nothing more important for all of us from the self-value and make great effort to protect them, always notes that successful coaches support the self-value for players, coaches, while the weak is successful does not care about this. The self-expression of confidence about the value of a person of the same, as that early experiences in sport are very important in the formation of self-confidence for small emerging, Vllaab who are early experiences successful becomes more self-confidence and feel more valued, and have a realistic greater effort for excellence and excellence, while the player whose early experiences failed to be weak and self-confidence to feel a lesser commitment to the value itself. The more difficult the self-confidence to develop and optimize the self-confidence of the athletes as long as they have perceptions negative about their value to themselves, when faced with the athletes think negative in themselves, we must help them through the development of positive perceptions about their value to themselves in order to help them to develop self-optimal trust. (The researcher that clarification).

Subject content :

There are some methods to help athletes to develop and maintain correct Realizes about their value to themselves, it is this:

- On the coach teach technical and tactical aspects of the game effectively and efficiently, which means the development of competence required to succeed by teaching skills and technique and tactics.

- Dealing with the players through the positive aspects of self-worth of players regardless of their performance in sports.

- Help the players to know that the most important source of self-confidence is not the gain or win, but their ability to become competent.

(Exercise) If the coach wants to have the players self-confidence, it must treat them as if he trusted them, the way they relate to and deal with them (verbally or non-verbal) affect the way

we think about the players themselves. **(Exercise)** What others say about you, or what is the way they deal with you and affect how you feel about yourself. If you tell yourself something for a long time or have convinced enough will think in the end that reality.

Instructions :

- The objective of this exercise to have awareness about the style or the way you deal with the players influence the extent of their value to themselves, and desired to clarify the position sometime during your experience in the sports field, and what the impact on the value of self.
- The coach put grades for players or evaluate in order to identify the impact of the counseling program in the development levels footwork.
- The researcher will do with self-confidence in some personal information such as the level of ambition, take responsibility and social acceptability and decision making.
- The researcher will clarify the concept of skill and founded and how their performance to ensure the success of the player in his work is done by asking the players and hear their answers, then do the explanation: namely, that skill means the ability of a high level or complex act requires precision and ease of doing a series of movements and performance in accordance with the a certain format and a concentration of a specific, but the foundations of acquisition requires a knowledge of the business and focus on it and help the player in training on the correct movements, as well as the focus and speed of achievement and requires a readiness for its good performance and long continuous training.