عنوان مقاله:

The relationship between mental skills and performance of young football players in first league of Iran

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خلاصه مقاله:

Background: The present study was done to investigate the relationship between mental skills and performance of athletes in Iran first league young football teams. The method of research was descriptive –correlation and it, s statistical sample includes young football players in Iran first league. Materials and Methods: In this sample 170 individuals that participated in competitions were chosen for sample group. This group is evaluated by standard self-evaluating 60 questions questionnaire of south Australia, s sport institution (SASI pshch) For athlete performance evaluation, electrical software in efficiency assessment is used that evaluates technical cases. In research data analysis, descriptive-deductive statistics (Spearman, Pearson correlation coefficient) is used. Results: The result showed that, improving mental skills in athletes has significant relationship with motivation, focusing, self-confidence, goal setting, imagery(p

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