Research Summary
The effectiveness of using a mental strategy to develop self-confidence in directing tension and the skill level of transmission in table tennis

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The objective of this research is to develop a training program for mental strategies (thinking of positive self-talk skills) to improve the level of performance of the skill of transmission in table tennis by identifying:

1. The difference between tribal measurement and the level of the level of some mental skills and the level of mental strategies, and the level of self-confidence and muscle tension, and the level of performance of the skill of transmission to the experimental group.
2. The difference between tribal measurement and the level of the level of some mental skills and the level of mental strategies, and the level of self-confidence and muscle tension, and the level of performance of the skill of transmission to the control group.
3. The difference between the two dimensions of the experimental and control groups in the level of some mental skills and level of mental strategies, level of self-confidence and muscle tension, and the level of performance of the skill of transmission, as well as the rate of improvement.

The researcher used the experimental method of experimental design for two groups, one experimental and the other an officer because of its suitability to the nature of the research and achievement of its objectives.

The society and the sample of the research were selected in a deliberate manner from the Sports Club of the Republic and bound by the Egyptian Table Tennis Association for the 2013-2014 sports season. In the age group under 21 years, the total sample number was 30 players from Menoufia region. Scientific honesty and consistency, and thus became the basic research sample (20) players were divided into two groups, one pilot and the other a female officer of each (10) players.

The researcher is recommended
1. The application of the proposed training program in the development of some mental strategies (thinking of skill assignment, positive self-talk), level of mental skills (ability to relax - mental perception - concentration of attention), development of self-confidence level and guidance of muscle tension and the level of speed and accuracy of transmission performance in Table Tennis.
2. Prefer the presence of a psychologist with the players as one of the factors of success and achieve the best sports results.
3. Allocating part of the daily training module to train mental skills preferably before the beginning of the training module.
4. Perform other similar studies in table tennis on other strategies, skills and other stages.

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