Introduction Research:

The rapid development in the world in various fields of scientific and technological research and scientific inventions had a greater impact on the progress and prosperity of Education and Sports was in the race among nations to achieve world championships and Olympic medals and break records and innovation in performance, and physical education today based on the facts and principles scientific programs are coordinated in the light of information and based on general laws, through the investment quality of the human potential of training systems and the development of sports activities, with the adoption of physical education in all fields of general, and particularly on the competitiveness of many of the natural and behavioral sciences such as physiology and sports science and forensic science education and psychology of sport science, mechanics, statistics and many other sciences. The both "Mohammad Hassan Allawi," and "Nasreddin Radwan" (1988) that the achievement of higher levels of sports centers in the area of advanced sports due to their mental and benefit from, in spite of that, many of the trainers are keen to correct the performance of physical training only, without addressing to make use of mental skills training is a mental skill ability and mastery can be learned through practice and learning and training, sports psychology skills training used the term to refer to the mental process by which the learning of those skills in the mental part of the process of mental training. The impact of the training due to the player to the mental capacity of the nervous system for the registration of motor patterns and physical and its ability to focus and re-organization of pictures, the effect of mental training on the central nervous system, like the results in physical performance.

The researchers used a number of theories of mental skills training in the field of sports, where a recommendation has proved effective in improving athletic performance, and most methods of measurement in this area using the language of self-esteem self report paper and pencil tests, even appeared in the recent measurements based on the substantive linkage between physiological psychology such as the painter of the brain electrical Electroencephalography, which shows the frequencies (Reetmat) different electrical activity of the brain and the Neuro-pack U, which relates to a computer mail program (pattern-VEP) and gives the average of a set of brain waves that reflect the event is linked to electric Bmthir visual evoked potentials, which explains many of the cognitive processes and the timing, type and degree of revitalization, for example, and not a few. Kalhdt P600, which shows the focus of attention on visual motor skills, and P100 event, which shows the time visual information processing.

The strategic thinking of a sports competition in the knowledge important to achieve high levels of achievement in sport, where lies the importance of thinking to develop strategies to reduce the stresses and strains imposed by the conditions of competition in addition to shoulder pain in order to achieve goals.

The problem of stress at the negative thinking in the performance, compatibility, where a disruption of muscle nerve, as well as begin the process of timing and harmony between the depression and lost sequencing and relaxation is followed by non-communication, and movement over the narrow and difficult to flow the proper motor. The problem is important when knowledge of their impact on the dispersal of the mind through the sensory responses and focus on the body instead of visual information to be the
focus, and as a result, at least the area of vision, and thus access to information and become a reason to respond within the limits of the information, and the result is poor performance after the withholding of much which must be taken into account before making decisions for the implementation of the locomotive.

- Research objectives:

The aim of this research program to design strategies to think of some athletes and to identify the impact of this program:

1. The development of some dimensions (Mental Skills) of a sample in the light of differences in brain waves.
2. The development of some dimensions (thinking strategy) of a sample in the light of differences in brain waves.
3. The development of some dimensions (ERPs) of a sample in the light of differences in brain waves.
4. Reduce the level of stress of a sample search.

- Research assignments:

In light of the objectives of the research and the results of previous studies researcher imposes the following:

1. There are differences in the dimensions of a statistical function (Mental Skills) in the light of differences between the brain waves of tribal and measurement results for the telemetric.
2. There are differences in the dimensions of a statistical function (thinking strategy) in the light of differences between the brain waves of tribal and measurement results for the telemetric.
3. There are differences in the dimensions of a statistical function (ERPs) in the light of differences between the brain waves of tribal and measurement results for the telemetric.
4. There is a function of statistical differences in the level of stress between the tribal and measurement and for the benefit of telemetric.

- Research methodology:

Researcher used the experimental approach (case study) as consistent with the nature of this research, the purpose and the use of experimental design by analogy and tribal and Altaatbay dimensional.

- Sample search:

Study sample included a number of basic (2) players from the first-class players registered for the Egyptian Federation of amateur athletics for the sports season in 2007 - 2008.

- Means of data collection:

Researcher used a variety of means to collect data of this research, the characterization of each particular research sample, and the other a special collection of research data variables such as mental, psychological and physiological.
1 – static's variables:
Descriptive variables included the length using a Alrstamitr (to nearest cm), weight using a medical balance (to the nearest kg), during the life time of the date of birth (to the nearest year), old training through the history of the player (to the nearest year), the number of entries in tournaments Republic international player in the history of the International Federation of athletics participation.

2 - The psychological and mental health variables:
Variables included psychological and mental:
- Test the strategic thinking in the field of Sports Test of thinking strategies of Mohamed Larbi, Magda Ismail (2001).
- A level of muscle tension Muscle tension levels cheat
- Measurement of the ability to relax Ability relax scale preparation of Frank Vital Arabize the age of Mohammed Allawi, Ahmed Suevy (1981)
- Test the network to focus attention Grid concentration test preparation Dorth Harris Dorothy Harris, the Arabization of the Arab Mohammed (1996)

3 - physiological variables
Physiological measurement devices:
- The Acer brand laptop program ERPs your name and pattern - vep connector and a neuro - packau brand NIHON.KOHDEN (sampling frequency was 200 Hz)
- 15-inch television screen to display white and black checkers to chess board (a reflection of the chess board) with a fixed white square in the middle of the screen.
- The Acer brand laptop computer to display the video of each race.
- Three electrodes reached a neuro - packau prove reached with the player as follows:
  - Recording at the point (Oz).
  - At the point-Reference (Cz).
  - At the point-Ground (Fz).
- Laboratory test procedures:
  - The player sitting on a chair opposite the screen comfortably Altlevaz
  - Cleaning the three places in the scalp (Fz - Gz - Oz) install the electrode
  - Make the room a faint light.
  - Cover the eyes and give an indication of the player to focus on white box fixed in the middle of the television screen (checkers board chess)
  - Data are recorded (latency time of the event from the electronic electrophoresis pattern - vep each of the (N75-N145 - P100 - P300-P600).
  - And then repeat the same steps on the other eye

- Specialized testing procedures:
- The same steps as the previous test, except: --
  Give an indication of the player to focus on a certain part of the special skill within the computer screen (and is part of the skill of each player depending on the skill and needs) and has been recording a time of latency (Letency) for each of the (N75 - N145 - P100 -
Proposed thinking strategies program

The objectives of the program:
1 - The development of the knowledge of the player and to emphasize the importance of mental skills and strategies to think about upgrading the performance and reduce the pressure.
2 - To develop the ability to relax muscle and mental to the player.
3 - Development of capacity for mental vision to the player.
4 - To develop the ability to control the focus of attention.
5 - Mental skills training associated with the type of competition to the player.
6 - Mental skills training to reduce the pressures associated with:
   A - develop the capacity to self-training.
   B - Breathing exercises to master.
7 - Development of the use of thinking strategies is proposed:
   A - To be thinking skills.
   B - Self-talk.
   C - Words mood.
   D - Emotional control.

The duration of the program:
(14) weeks by (4) modules weekly rate (30) minutes for each unit.

Tribal measurements:
Measurements were carried out to tribal members in the research sample all the variables under consideration, As follows:
• measurements of mental and psychological skills in the period from 7-7-2007 to 9-7-2007
• Special measurements b ERPs in the period from 11-7-2007 to 14-7-2007
The application of the proposed program of mental strategies:
The proposed program has been applied to strategic thinking in the period (14/7/2007) to (18/10/2007) any one (14) by four weeks of training per week, and the rate of (30) minutes in accordance with the procedures and research, has been the performance of the meetings a fixed date in the five o'clock this evening by the physical training and skills, and that day (Saturday, Monday - Wednesday, Thursday).

- Dimensional measurements:
Dimensional measurements were conducted for members of the sample survey in all variables under consideration during the period (19/10/2007) to (23/10/2007), As follows:
• measurements of mental and psychological skills.
• Special measurements b ERPs.
Taking into account the availability of the same terms and conditions of application used in the measurements tribal.
- Statistical treatment
**Researcher used the following statistical processors:**
- Correlation coefficient.
- Rate of change.
- Kronbach alpha.factor
- State Statistics metadata.

**- Recognizing:**

In the light of the objectives and research questions and methodology used, and within the sample and through research and statistical analysis based on the findings, it was possible to extract the following:

1 - One of the basic mental training necessary steps for the application of strategic thinking in training and in competitive situations where it is difficult to pressing the application of such strategies before the completion of the training requirements for mental activity, the practitioner.
2 - To think of different strategies with each other and many of the interrelationships, where the training will contribute to some of these strategies in the development of other strategies have not been training.
3 - Advance planning for the prior periods and periods of performance interface contribute significantly to achieving the goals set for Sports Excellence.
4 - Use of strategy in the thinking skills to be contributing to tension in the players guide to an optimum level and reduce stress by focusing on the technical aspects of performance.
5 - Use self-talk and the opportunity for individual differences in the selection and wording of the modern self-help reduce the stress level of the player, long jump, and walking by increasing the ability of the player to turn negative thoughts into positive ones.
6 - Use of strategy retail performance either before or during training or competition contributes to increase the capacity of the player to reduce the level of stress.
7 - Use of measurements of electrical events associated with visual Bmthir (P600, P300, P100, N145, and N75) to find information on the processing time is endowed with visual and cognitive mental processes of focusing attention on motor skills.
8 - Use of thinking strategies that affect the mental and cognitive processes of focusing attention on motor skills.

**- Recommendations:**

Within the search results Alastkhalasat the basis of the conclusions reached by the researcher recommends the following:

Thinking strategies:
1 - Use of thinking strategies and skills to be self-talk and retail performance and mood words side by side with the traditional curriculum used in training the players walk and jump Long, with the results of research and explained as well as a variety of studies and research the importance of these strategies in improving performance skills and reduce the level of pressure.
2 - Focus on teaching players how to benefit from the use of strategic thinking skills to be in the period prior to the beginning of the performance, through the multiple ways in this area in order to achieve the best results, whether in training or competition.
3 - The need for the training program includes a walk in the long jump and methods of use of positive self-talk and how to benefit from a reduction in the level of stress.
4 - The importance of retail performance in previous periods, both during periods of inter-training or competition because of its significant role in reducing the level of stress.

5 - Emphasis on training in basic skills training and, in particular, mental relaxation and mental visualization and focus attention as they have a crucial role in increasing the effectiveness of the strategic thinking and achieve a greater return than in reducing the level of stress.

6 - The importance of the work on the use and employment of psychological measurement in identifying the extent of the use of thinking strategies in order to develop appropriate programs in the light of the strengths and weaknesses and the needs of the players to achieve greater effectiveness of the training process.

7 - Need to take into account individual differences between the players and the content of programs in the development of strategic thinking in the various sporting activities.

8 - The importance of multiple strategies that should be thinking of training to meet the changing circumstances of each competition.

- Electrical events associated with visual Bmthir:

1 - The importance of the identification of other uses for the measurements of the electrical events associated with visual or audio Bmthir know the mental processes of cognitive systems.

3 - The importance of the identification of other uses of the events associated with electrical, optical audio Bmthir Event related potentials, as it a new area of physiological measurements and needs further study and research.

4 - The importance of the work on the use and recruitment of physiological measurement in identifying the effectiveness of the use of thinking strategies in order to develop appropriate programs in the light of the strengths and weaknesses and the needs of the players to achieve greater effectiveness of the training process.

- Reduce the pressure:

1 - The need to identify the most influential psychological pressure on the player selection athletics, mental skill and strategy of thinking appropriate to reduce the level of psychological pressure, taking into account the individual differences of the players.