

Mental skills and its relation to the postural control for Players of sports teams at Benha University

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The purpose of the study was to identify the mental skills and its relation to the postural control for players of sports teams at Benha University. The researcher used the descriptive method on a sample selected with a random sample method, which consisted of (150) players with a percentage of 75 % of the research community of (120) players who are the basic sample of the research and (30) players who are the members of the survey sample of the research. The research results have shown that the high level of the mental skills and the postural control measurements for players of sports teams at Benha University. Players of individual sports teams were also distinguished from the players of the team sports in the level of psychological skills such as (Self-confidence, relaxation, ability to cope with anxiety, ability to visualize, motivation, focus of attention & communication) and in the measurements of postural control such as (area covered of force plate form, vestibule balance plate, balance, Co- ordination). In addition to a positive correlation between the mental skills and the postural control such as (area covered of force plate form, vestibule balance plate) and an inverse correlation between the mental skills and the postural control such as (balance, Co- ordination) for players of sports teams at Benha University. The researcher recommends the need to conduct scientific research aimed at developing programs to develop mental skills and develop rehabilitation programs to improve the indicators of postural control for players of different sports

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