

The profession of coaching great humanitarian profession where coaches tasked to prepare generations enjoy the technical specifications and tactical and psychological and cognitive adapted and the nature of the sports competitions with enormous development and rapid levels and the numbers on the global and local level , which confirms that training is not an easy job and simple , it is the multiple aspects of his work and needs a variety of skills and expertise in order to achieve the desired objectives of that process. And indicates where Allawi (1978) The sports training process designed to reach him to the highest possible level permitted by the abilities and aptitudes through a combination of factors and harmonious among the most important of these factors athletic trainer , with associated access to athletic levels is directly related to the extent of the capabilities of the trainer Sports to manage the process of sports training and in the preparation of his abilities on the player before, during and after athletic competition . (36 : 77 ) It also refers to pick (1993) It is to ensure the success of the training process planning and training , is the perception of environmental conditions and training and the use of means and methods for achieving specific goals , and the success of the training process and the planned stop on the possibility of the coach ( Planned ) to manage the process, and identify trends in the different setting , to choose the best means and methods for achieving and in proportion to the nature and physical activity (28 : 10) And see Mr. Abdul Maqsood ( 1995) suggests that every athlete practicing sport levels designed to achieve the maximum level of achievement possible for him, but can not achieve this goal unless cooperation athlete worked closely with the coach is aware of theoretical and practical experience and abundant large