

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF IMAGERY TREATMENT AND
VISUAL SELECTIVE ATTENTION TREATMENT
ON FOOTBALL PENALTY KICK ACCURACY**

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Thesis submitted in partial fulfillment
of the requirements for the degree of
Bachelor of Sport Science (Hons)

Faculty of Sport Science and Recreation

January 2019

ABSTRACT

Imagery has been important tools in sports nowadays. Mental imagery has been recognized as an important tool in improving athletic performance. Visual selective attention develops awareness and performance by adapting sensory inputs at an early stage of processing. The main purpose of this study was to identify the effectiveness of both technique which is imagery and visual selective in penalty kick accuracy. The sample random sampling was used in in order to divide the group. Subjects were amateur players from SMK Sultan Abu Bakar football team (N=30). Subjects were divided into two groups: imagery treatment and visual selective attention treatment. Experimental research design with dependent(football penalty kick accuracy) and independent variables(imagery treatment and visual selective attention treatment) was implemented in this study. A set of data was recorded: football penalty kick accuracy. The comparison between imagery treatment and visual selective attention were being determine statistically using Independent T-Test. The first hypothesis testing is no significant effect of imagery on football penalty kick accuracy shows that imagery scored $M=3.67(SE=0.319)$. The second hypothesis is no significant effect of visual selective attention on football penalty kick accuracy shows that visual selective attention scored $M=2.33(SE=0.303)$. The third hypothesis is no significant difference in football penalty kick accuracy between imagery and visual selective attention which shows both treatments mean difference was $M=1.333 (SE=0.4401)$. The comparison From the study, the researcher found that imagery treatment are more effective than visual selective attention treatment in order to measure the football penalty kick accuracy. Implications from this study has provide beneficial training method for the football players to improve the penalty accuracy performance.

Keywords: Imagery, Visual Selective Attention, Football, Penalty Kick, Shooting Accuracy, Amateur Players.

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