

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF PRACTICE IN
MIND TRAINING PROGRAM
ON STANDING SHOT AND
JUMP SHOT PERFORMANCE
OF STATE NETBALL PLAYERS**

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Thesis submitted in fulfillment
of the requirements for the degree of
Master of Science


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AUTHOR'S DECLARATION

I declare that the work of this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any other degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Previous researchers found that systematic imagery – physical practice also known as Practice in Mind (PIM) training does help to resolve physical and psychological problem in sport skills performance. Therefore, the present study was done to investigate the effectiveness of PIM training on netball standing shot and jump shot performances. Twenty state level netball shooters with 3 to 5 years playing experiences participated in this single-blind experimental study. Participants were randomly assigned into 2 different groups: (i) PIM training group (combined imagery – skill practice) and (ii) control group (only skill practice) with 10 participants for each group. Both groups completed 18 training sessions in a 3 times a week for 6 weeks intervention program. Participants in PIM training group performed 10 imagery practices together with 10 skill practices (standing and jump shooting). The control group only performed 10 skill practices. Pre, post, and retention test were conducted prior to the 10 standing and jump shooting task 3.2 meters distance from goalpost. A mixed between-within ANOVA revealed that there was significant different of PIM training group versus control group for both standing shot ($p < .05$) and jump shot ($p < .05$) after 6 weeks. However, no significant different was observed after retention (week 12) for both groups. Based on the finding, it is suggested this present study will be beneficial to the athletes in terms of educating them about the importance of systematic imagery training to increase shooting performance in netball and for further improvement on their shooting techniques. Hence, the netball association, coaches, and athletes should be educated with the importance of imagery training such as PIM training and should not focus on their skills only to be successful but also their psychological training. Future studies are warranted to explore potential benefits of PIM training by focusing on a larger exposure and other netball specific motor-abilities.

Keywords: *PIM training program, imagery practice, physical practice, standing shot, jump shot.*

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TABLE OF CONTENTS

	Pages
CONFIRMATION BY PANEL OF EXAMINERS	i
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENTS	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF SYMBOLS	x
LIST OF ABBREVIATIONS	xi
CHAPTER ONE: INTRODUCTION	1
1.1 Introduction	1
1.2 Research Background	1
1.3 Statement of the Problem	10
1.4 Purpose of the Study	12
1.5 Research Questions	12
1.6 Research Objectives	13
1.7 Null Hypotheses	13
1.8 Significance of the Study	14
1.9 Limitation	15
1.10 Delimitation	15
1.11 Assumptions	16
1.12 Definition of Terms	17
CHAPTER TWO: LITERATURE REVIEW	20
2.1 Introduction	20
2.2 Psychological Skills Training and Sports Performance	20
2.3 Psychological Skill Training and Netball Performance	22
2.4 Imagery and Sports Performance	23