



UNIVERSITI TEKNOLOGI MARA

**EFFECTS OF IMAGERY TOWARDS PERFORMANCE OF  
PENALTY KICK IN FOOTBALL PLAYERS**

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**JULY 2019**

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## ABSTRACT

This study was aimed to examine effects of mental imagery towards performance of shooting penalty kick among novice football players. A total of 32 participants were recruited by quasi-experimental and was randomized into four types of groups (imagery (n=8), imagery plus practice (n=8), practice (n=8) and control (n=8) group). Mean of pre-test (baseline) were compared to post-intervention mean and clarity of imagery between imagery and imagery plus practice were compared. Result derived is all intervention groups (imagery, imagery plus practice and practice) shows improvement in accuracy as compared to control group. However, there is no significant different were noted between the intervention group. Furthermore, Imagery plus practice group has better imagery clarity when compared to imagery group.

*Keywords: Imagery, penalty kick, imagery clarity, football players*

## CHAPTER 1

### INTRODUCTION

#### 1.1 Background of study

Imagery is a vivid image that mimics real experience and involve of combination of all sensory to make we feel the same as we make physical execution (Cumming & Ramsey, 2009). Gravano, Zago & Lacquaniti, (2017) explained imagery as a mental experience of an object, scene, event or action that is not present in real life. Often assumption that visualization is same as imagery while in fact, these two terms are different in meaning (Henschen, 2005). Visualization is one type of imagery. We visualized as we imagine something in mind. To achieve high performance in sport, athletes required a consistent training to improve all the skill. Cognitive training also an important element alongside physical training.

There are many types of sport that implement imagery in their training program for instance, track and field (Gregg & Hall, 2005), volleyball (Ardehjani, 2013), combat sport such as taekwondo (Parnabas, 2015), football (Veraksa & Gorovaya, 2012; Munroe-Chandler, Hall, Fishburne & Murphy, 2012), and tennis (Fowler, 2000).

Drawing from the previous study, imagery training mostly implemented on hard skill. Hard skill are the actions that are performed as correctly and consistently as possible when conducted for example, dribbling and shot on goal in football (O & Munroe-Chandler, 2004), spike in volleyball (Ardehjani, 2013) and serving accuracy in tennis (Fowler, 2000).

## CHAPTER 2

### LITERATURE REVIEW

#### 2.1 Introduction

For ease of presentation, this literature review is divided into seven parts: (1) history of imagery, (2) theories of imagery, (3 types of imagery), (4) imagery use and imagery ability, (5) Changes of region in neural connections (in brain) due to imagery, (6) imagery rehearsal and its effects in a variety of tasks, and (7) imagery rehearsal and its effects in football.

#### 2.2 History of imagery

During the early 19<sup>th</sup> century imagery is not looked up as a useful tool for sport improvement as there are lack of studies regarding imagery in sports during that time until late 1987 where numerous sub-disciplines of psychology are beginning to be explored (Ansbach, 1989). Imagery become topic of interest and the study are mainly involving imagery and motor skills performance and by years, researchers started to aware the value of imagery as tool for sport improvement.

Besides that, a famous Greek philosopher, Aristotle described Greek word, *phantasia* as synonym to imagery (Aristotle, 1976). Aristotle described imagery as something that similar to vision and imagery are responsible for producing and recalling image in the mind (Sosovec, 2004). Aristotle also described that main function of imagery is as cognitive simulation procedure which can be used for everyone specially an athlete to reach their peak performance.