

Nathapol Maramongkhon 2007: Effects of Imagery Training on Penalty Kick Accuracy in Soccer Player. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Vullee Bhatharobhas, B.Ed. 103 pages

The major purposes of this research were to study and contrast the effects of imagery training on penalty kick accuracy in soccer player. The subjects in this study consisted of twenty male football youth players of Samutprakarn Province, who were under the preparation for 2007 national youth games, age of 16-17. The subjects were selected through simple random sampling and then divided into two groups by randomly assignment method. They were control group (penalty kick accuracy training) and experimental group (imagery combined with penalty kick accuracy training). All two groups were trained three times per week on Monday, Wednesday and Friday from 5.00-6.30 p.m. for the period of 8 weeks. Data were analyzed by using mean, standard deviation, t-test (independent), two-way analysis of variance with repeated measure, one-way analysis of variance with repeated measure, followed by multiple comparison testing by using the Tukey' method. Results were showed significant different for $p < .05$.

After the fourth and the eighth week of training, the penalty kick accuracy of the experimental group was better than control group. In addition, a comparison within the experimental group showed that the penalty kick accuracy at the end of the fourth week was different from the eighth week. While the control was significant different during the pretest and after the eighth week.

The results indicated that the imagery training was effected in increasing penalty kick accuracy in soccer player. The findings will be useful and fruitful in improving the soccer players as well.

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Thesis Advisor's signature

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