

Pichaya Kanha 2014: The Effect of the Imagery Training Programs on the Level of Confidence and Accuracy of Goal Shooting in Hockey. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Miss.Wimonmas Prachakul, Ph.D. 138 pages.

The purpose of this research was to study the effect of the imagery training programs on the level of confidence and accuracy of goal shooting in hockey. The subject were 36 athletes hockey Kasetsart University, they were selected by randomized assignment into three groups: control group: practice goal shooting, experiment group 1: Imagery with audio tapes and practice goal shooting hockey and experiment group 2 Imagery with video tapes and practice goal shooting hockey, conducted training for 8th weeks, and 3 days to ark the level of confidence and test the accuracy of shooting hockey before training, after training 4th weeks and after training 8th weeks. The data were analyzed by mean standard deviation, one – way analysis of variance with repeated measure and correlation between confidence and accuracy of goal shooting in hockey. The results of the research were found that:

1. The accuracy of goal shooting in hockey, control group, experiment group 1 and experiment group 2 in after the 8th week significant different at the level .05. Were found that different in control group, the experiment group 1 and control group, the experiment group 2.
2. The level of confidence of goal shooting in hockey before, after the 4th week and after the 8th week, experiment group 1 significant different at the level. 05. Were found that before, after the 8th week.
3. The accuracy of goal shooting in hockey before, after the 4th week and after the 8th week, experiment group 1 and experiment group 2 significant different at the level .05. Were found that experiment group 1 before, after the 4th week, and experiment group 2 before, after the 8th week.
4. The level of confidence, the accuracy of goal shooting in hockey did not correlate significant different at the level. 05.

Imagery with practice goal shooting was increasing the level of confidence and the accuracy better than practice goal shooting. Imagery with audio tapes was affects the level of confidence after the 8th week, and the accuracy after the 4th week, and the Imagery with audio tapes affects accuracy after the 8th week. And the level of confidence no correlation with accuracy of goal shooting in hockey.

Student's signature

Thesis Advisor's signature