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The role of psychological preparation of the coach and its impact on the performance of football players For category - 17 years -

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Abstract:

This study aims to find out how important psychological preparation is for the coach, the process of preparing football players psychologically in preparation for participating in sports competitions to achieve satisfactory results and outstanding performance, as after each sports competition, questions about the reasons for winning and defeat circulate on the tongues of coaches and managers, as they often attribute the reasons for defeat and victory to- After distributing the questionnaire and analyzing the results, the researcher concluded that the psychological preparation of the coach is an important process in building and improving psychological aspects that affect and contribute to sports performance, such as improving behavior, dealing with difficult situations, raising the level of self-confidence, developing positive tendencies, increasing motivation, developing mental abilities, facilitating the management of psychological stresses such as stress and anxiety, improving communication and cooperation between the coach and the athlete, building a strong personality, mitigating the negative effects of competition, such as failure and frustration turned into Opportunities for growth and development psychological preparation with physical, skill and planning preparation also contributes to the player's arrival to achieve winning the best performance and high-level achievement.

Keywords: Psychological preparation ; Football Sport ; coach ; adolescence.

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1. INTRODUCTION And PROBLEMATIC OF THE STUDY :

After each sports competition, questions about the reasons for winning and defeat circulate on the tongues of coaches and managers, as they often attribute the reasons for defeat and victory to other reasons besides the psychological aspect and its role as a determinant of the outcome of the interview.

Psychological skills help players to mobilize their physical abilities and energies to achieve maximum and best motor performance and can be developed through sports training and its programs (Osama Kamel salary 2000 p. 03), which has become a broader concept based on systematic and scientific foundations based on purely scientific material, those that benefit the athlete with many benefits that enable him to gain time and avoid physical harm, but what currently stands as an obstacle in the way of coaches is the psychological aspect, practically in the so-called preparation aspect psychological .

What we have observed in the football field has increased our interest in the psychological dimension, which has not been paid attention to many sports teams, although it is the essential factor in determining the psychological state and provoking diversification and motivation in the team system. Therefore, the psychological preparation of the player must be planned by the coach during the season because it is the main factor that ensures compatibility and harmony in performance and payoff and is considered in the early stages of preparing players (Ali Fahmi Albeck 2003 p. 78) as it requires integration so that it works to develop physical and skill abilities as well as psychological skills so that it can benefit from the application of these skills in the competitive field so as not to hinder achievement.

Despite the great importance of the psychological aspect in the player's life, the attention was not as great as the topic requires, so we had to pay attention to delving into this area because psychological preparation in football is an educational process under the scope of positive practice for players in order to create and develop positive motives and trends, self-confidence, cognitive and emotional perception, work on the formation and development of volitional traits, as well as educational and psychological guidance and guidance for players. (Hussein Sayyid Abu abdwa 2001, p. 263)

If we carefully follow the football competition and the physical and nervous effort exerted by the player during it and the various emotions that accompany it,

and if we look at the way the player is trained and prepared psychologically and know the psychological pressures on him, due to the sensitivity of the game and the importance of the match, we would feel the importance of preparing the player psychologically sound and scientifically, in order for him to be able to face all the negatives and overcome them and achieve the desired results. Proceeding from the fact that the psychological preparation class is a period in which the coach and the player interact directly and includes several aspects of developing concentration skills, its goal is to build the psychological ability of the player to improve his sports performance, hence the research problem that we can pose as follows :

What is the role that the coach plays in the process of psychological preparation to gain players practicing football on psychological comfort during training and competition and allows them to enter it with high mental energy, which increases their sobriety, calmness, activity and provide a distinctive performance ?

The following questions arise from this problem

- Does the coach's attention to the psychological side of the player affect the improvement of sports results ?
- Does the scientific competence of the coach help raise the morale of the players and qualify them for success ?

2. Study hypotheses:

2.1 The general hypothesis:

The coach has a key role in the process of psychological preparation for the acquisition of players practicing football on psychological comfort during training and competition and allows them to enter it with high mental energy, which increases their sobriety, calmness, activity and distinctive performance.

2.2 Partial hypotheses:

- The coach's interest in the psychological side of the player affects the improvement of sports results.
- The scientific competence of the coach helps in raising the morale of the players and qualifies them for success.

3. The importance of studying:

The importance of the research on the topic "the role of psychological preparation of the coach and its impact on the performance of football players" lies in



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- Indicate the relationship between coaches and players within the sports team .
- Showing the impact of psychological preparation on the performance of players.

We had to try to reveal the relationship between them psychologically, so we relied on the questionnaire, which is a set of questions addressed to the players.

4. Study objectives:

Through this research, we aim to achieve several goals, which we summarize as follows:

- Try to study and analyze the quality of the relationship between the coach and the players from a psychological point of view.
- Trying to find out the impact of psychological relationships in improving the athlete's payoff .
- Highlighting the role and efficiency of the personal trainer in the success of the training process

5. Reasons for choosing a topic:

We can determine the reasons why we chose this research to :

- Trying to find out the reasons and information related to this topic, which we consider worthy of study.

5.1 As for the objective reasons:

- Trying to figure out the role that the coach plays in raising the psychological state of the player and improving it.
- Neglect of the psychological side by the trainers.

6. Definition of concepts and terms:

6.1 The concept of psychological preparation: this refers to the attention paid by physical education to mental health, which is considered as the most important factors for building a healthy personality. (Hanafi Mahmoud Mukhtar 1998 p. 85) and (Osama Kamel salary 2001 p .23) say that psychological preparation(psychological energy) is trained by helping the player to control his thoughts, i.e. concentration of attention, and impulse control, i.e. lack of stress or excessive fear when competing. Psychological preparation in football is defined as an educational process under the scope of positive practice of players with the aim of creating and developing motives, trends, self-confidence, cognitive and emotional perception, working on the formation and development of volitional traits, as well as guidance and educational and psychological counseling of players (Hussein El Sayed Abu abdo2001, P. 263)

6.2 Football: Football "football" is a Latin word and means kicking the ball with the foot, Americans consider it to be what they call "rugby" or American football, but the well-known football, which we will talk about, is called "soccer" (Ali Fahmi Albeck 2003 P. 61), which is a team sport practiced by all people, as indicated by "Rumi Jamil" football is above all a team sport adapted to all varieties of society (Rumi Jamil-football 1986 p. 50)

6.3 The coach: he is an educational figure who takes over the educational process and trains the players and affects their Sports level directly and has an effective role in the comprehensive development of the player's personality (Wajdi Mustafa 2000 p. 25)

A coach is a strong, personal, competent leader in his work who is able to establish balanced relationships between himself and his team members, firm in his decisions and emotionally balanced, responsible and able to cope with the situations that confront him (Ali Fahmi Albeck 2003 p. 10)

- Adolescence in the general sense is the stage that begins with adulthood and ends with adulthood, it is an organic biological process at its beginning , and a social phenomenon at its end (Fouad El-bahy El-Sayed 1975 P. 257)

As defined by (Saadia Muhammad Ali Bhau 1980 p. 25) that adolescence is a transitional stage from childhood to youth , a complex and sensitive period in which obvious organic, psychological and mental changes occur, and the individual falls into the field of overlapping influential forces between childhood and adulthood

7. Methodological methods of research:

7.1 The method used :

The scientific research method means a set of processes and steps that a researcher follows in order to achieve his research".(Osman Hassan osman1998 P. 29)

In line with the nature of the study, we followed the descriptive approach, which is defined as:" the approach that aims to collect data and try to choose hypotheses or answer questions related to the current situation of the sample members, and the descriptive study determines and decides the thing as it really is " (Osman Hassan Osman Ibid. p. 30)



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7.2 Sample search and how to choose :

The sample is defined as: "the study community from which the field data is collected and is considered part of the whole in the sense that a group of members of the original community is taken and be truthfully represented to it" (Rashid and rawati 2002 p. 91)

Due to the nature of our study, we relied on a random sample from the original community to research a section among the associations, and the sample number reached 60 players

7.3 Search tools :

7.3.1 Method of collecting the news article :

It is the process of listing the theoretical information related to the topic and in line with the research objectives to reach a scientific character that serves the research and to find recommendations for the missing points by relying on references and scientific sources(books of scientific journals notes and lectures related to the research topic)

7.3.2 The questionnaire method :

Wajih Mahjoub (1988) says the questionnaire as one of the means of collecting information and data and the basic tools in research to solve the problem and be good when the questionnaire has ' clear meanings

The questionnaire is defined as: "A set of questions and structured in a systematic way on a certain topic and then placed in a form sent to the concerned persons, and this is to obtain the answers contained in it(Mohammed Hassan Allawi, op. cit. 1999, p. 146) and the respondent is not subject to multiple possibilities and is not long leading to fatigue, which consists of various questions that are prepared based on the objectives and hypotheses of the research and after drafting the final form, in which he relied on two types of questions, closed questions, and in this case the answer is yes or no, half-open questions, i.e. multiple-answer this type of questionnaire contains a set of questions, the first half of it closed, the answer to which is yes or no, and the other half is open, is right The interrogator can give his own opinion .

Open-ended questions, through which the researcher aims to collect sufficient information about the topic.

7.4 Exploratory study:

To ensure the proper conduct of the research experiment, the researcher conducted a survey study to identify the obstacles and difficulties that prevent a good understanding of the questionnaire form.

And to ensure the suitability of the place of study for research and the extent of the reform of the tool used on the subject of research, and in order to be able to know the various aspects to be studied, we visited the sports teams concerned with the study in order to familiarize and take note of the aspects of the problem addressed in our research, by identifying the way the coach treats his players during training sessions, as well as knowing the start time of training correcting errors and correcting deficiencies. The teams we visited are: Bab al-Wadi club, Al-Shuhada neighborhood club

7.5 Statistical means :

(Mohammed Sobhi Abu Saleh and others, 2001) defines the science of Statistics as one that investigates research in the collection of data, its organization, presentation, analysis, extrapolation of results and making decisions based on them in order to analyze and translate the results obtained after answering the questions posed by the selected sample, the researcher relied on the following :

Percentage = $(\text{number of answers} \times 100) / \text{number of respondents}$.

analysis and discussion of results:

- View and analyze the results of the players:

First question: Do you feel comfortable with the presence of the coach?

Table 1. Represents the answers to the First question.

answers	rarely	Sometimes	Always	Total
repetitions	04	20	36	60
percentage	%6.67	%33.33	%60	%100

Source: Amarouche, Mimene, 2024

Presentation and analysis of the results: through Table No. (01), We note that 60% of respondents always feel comfortable with the presence of the coach, while 33.33% sometimes feel comfortable with the presence of the coach, and with a smaller percentage, 6.67% rarely feel comfortable with the presence of the coach .



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Conclusion: from the results shown on the table, we conclude that the opinions of the players differ, and this is probably due to the way the coach treats the players or to the nature of the style he pursues .

The second question: Does the psychological preparation carried out by the trainer have an impact on the development of your abilities ?

Table 2. Represents the answers to the second question.

answers	rarely	Sometimes	Always	Total
repetitions	08	24	28	60
percentage	%13.33	%40	%46.67	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (02) that 46.67% believe that the psychological preparation carried out by the coach always contributes to the development of the players 'abilities, while 40% believe that the psychological preparation carried out by the coach sometimes affects the players' abilities, and with a smaller percentage of 13.33%, the psychological preparation carried out by the coach rarely has an impact on the development of the players ' abilities . Conclusion: from the results shown on the table, we conclude that the development of the players ' abilities is affected by the extent to which the coach prepares them psychologically, and this is what he pointed out (Mohammed Hassan Allawi 1999 p. 139).

The third question: Does the anxiety you feel before the competition negatively affect your performance during the competition ?

Table 3. Represents the answers to the third question.

Answers	Yes	No	Total
Repetitions	49	11	60
Percentage	%81.67	%18.33	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (03) that 81.67% of respondents agree that the anxiety they feel before the competition

negatively affects their performance during the competition, while 18.33% answer the opposite.

Conclusion : what can be concluded from the table is that anxiety has a negative impact on football players , and this is confirmed by "Osama Kamel salary" (1999 p. 23) the instability of the player's performance level is due to some psychological factors such as excessive anxiety, fear of failure and inability to concentrate in performance.

Fourth question: What do you feel when it's time for the training session ?

Table 4. Represents the answers to the Fourth question.

answers	Apathy	Anxiety	Joy	boredom	Total
repetitions	19	11	05	25	60
percentage	%31.67	%18.33	%08.33	%41.67	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (04) that 41.67% feel bored when it's time for the training session, and with a smaller percentage 08.33% feel joy when it's time for the training session, as for the feeling of anxiety, the percentage was 18.33%, while we find 31.67% are indifferent to the training session .

Conclusion :we conclude that most of the players do not show much interest in the training session, and this is probably due to the coach's bullying and imposing his opinion on the players, and not allowing them to put forward their opinions, which makes them indifferent to the training session

Question five: are you doing better in training than in the game ?

Table 5. Represents the answers to the five question.

Answers	Rarely	sometimes	always	Total
Repetitions	08	15	37	60
Percentage	%13.33	%25	%61.67	%100

Source:Amarouche, Mimene, 2024



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Presentation and analysis of the results: we note from Table No. (05) that 61.67% of respondents always have an advantage in performance during training, and 25% believe that their performance in training is sometimes better than in the game, and 13.33% agree that their performance in training is rarely better than in the game .

Conclusion :based on the results, we conclude that the players ' performance during training sessions is better than in the match.

The sixth question: does making some mistakes during the game lead to a loss of confidence in yourself ?

Table 6. Represents the answers to the sixth question.

Answers	Yes	No	Total
repetitions	39	21	60
percentage	%65	%35	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (06) that 65% believe that making mistakes during the game leads to a loss of self-confidence, while 35% believe the opposite

Conclusion: from the table we conclude that making mistakes during the game loses self-confidence and causes psychological confusion to the player as a result of making some mistakes

The seventh question: Can you control your emotions when angry ?

Table 7. Represents the answers to the seventh question.

answers	Rarely	sometimes	Always	Total
repetitions	25	20	15	60
percentage	%41.67	%33.33	%25	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No (07) that 25% believe that they can always control their emotions when angry, while 33.33% believe that they sometimes control their emotions when angry, while 41.67% rarely control their emotions when angry.

Conclusion :we conclude from the results obtained that anger has a negative impact on the players and this is what leads to a lack of control over their emotions due to the age at which they are, and the ensuing psychological and social pressures, as the teenager revolts for the most trivial reasons, and this is what Mustafa Fahmy pointed out in the third chapter, the element of emotional characteristics.

Eighth question: is your mind preoccupied with the fear of not pleasing the coach during the game ?

Table 8. Represents the answers to the Eighth question.

Answers	No	Yes	Total
repetitions	25	35	60
percentage	%41.67	%58.33	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from table no. (08) that 58.33% of respondents are preoccupied with the fear of not satisfying the coach, while 41.67% believe the opposite .

Conclusion : from it we conclude that the majority of players do not concentrate during the game because of their fear of not satisfying the coach, and this is what leads them to not highlighting all their capabilities and abilities, and he makes some mistakes, and this is all the result of his mind being busy with the fear of not satisfying the coach and the audience.

The ninth question: Does the coach care about your personal comfort ?

Table 9. Represents the answers to the ninth question.

Answers	Rarely	sometimes	Always	Total
Repetitions	13	17	30	60



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Percentage	%21.67	%28.33	%50	%100
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Source:Amarouche, Mimene, 2024

Presentation and analysis of the results : we note through table no. (09) that 50% believe that the coach always cares about the personal comfort of the players, while 28.33% believe that sometimes the coach cares about the personal comfort of the players and the remaining 21.67% that the coach rarely cares about the personal comfort of the players.

Conclusion : from these results, we conclude that the coach's attention to the personal comfort of the players earns them self-confidence, increases their morale and encourages them to persevere and work.

The tenth question: Does the trainer appear active during the training session ?

Table 10. Represents the answers to the tenth question.

Answers	Rarely	sometimes	Always	Total
Repetitions	03	21	36	60
Percentage	%05	%35	%60	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (10) that 60% believe that the coach always appears active during the training session, while 35% find that sometimes the coach is active during the training session, and 05% agree that the coach is rarely active during the training session.

Conclusion: from the results, we can say that the vitality and activity of the coach raises the morale of the players or contributes to the success of the training process.

Eleventh question: How does the trainer deal with you during the training session ?

Table 11. Represents the answers to the Eleventh question.

Answers	Cruelly	Indifferently	gently	Total
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Repetitions	05	25	30	60
Percentage	%8.33	%41.67	%50	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (11) that 50% believe that the coach treats his players kindly during the training session, while 41.67% believe that the coach treats his players with indifference during the training session, while 05% believe that the coach treats his players harshly during the training session.

Conclusion: from the results, we conclude that the players ' view of the coach's treatment of them differs from one player to another, some of them see that he treats him kindly, some of them see that he does not care about them, and some of them see that he treats him harshly.

Question twelve: in your opinion, do the coach's decisions contribute to the success of the training process ?

Table 12. Represents the answers to the twelve question.

Answers	Yes	No	Total
Repetitions	43	17	60
Percentage	%71.67	%28.33	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (21) that 71.67% believe that the trainer's decisions contribute to the success of the training process, while 28.33% do not see the opposite.

Conclusion: we conclude that the coach's decisions contribute to the success of the training process because of their importance in the cohesion and balance of the team .

Question thirteen: does the coach leave you free to act during training ?

Table 13. Represents the answers to the thirteen question.

Answers	Rarely	sometimes	always	Total
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Repetitions	28	23	09	60
Percentage	%46.67	%38.33	%15	%100

Presentation and analysis of the results: we note from Table (13) that 15% believe that the coach always leaves the freedom of action to the players, while 38.33% believe that sometimes the coach leaves the freedom of action to the players and 46.67% confirm that the coach rarely leaves the freedom of action to the players during training .

Conclusion: based on the results, we conclude that most coaches do not let their players act freely due to reducing reckless behavior that may result in negative effects for the team.

Fourteenth question: Does the Coach show each player his strengths and weaknesses ?

Table 14. Represents the answers to the Fourteenth question.

Answers	Yes	No	Total
Repetitions	47	13	60
Percentage	%78.33	%21.67	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (14) that 78.33% of the respondents believe that the coach shows their weaknesses and strengths, while 21.67% believe the opposite.

Conclusion: what can be concluded is that the level of improvement among the players is due to what the coach does from the statement of their strengths, doubling them and increasing their strength, and on their weaknesses, improving them.

The fifteenth question: Does the coach encourage the player who performs well ?

Table 15. Represents the answers to the fifteenth question.

Answers	Yes	No	Total
Repetitions	55	05	60
Percentage	%91.67	%8.33	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from Table No. (15) that 91.68% believe that the coach encourages the superior player and 8.33% believe the opposite.

Conclusion: from here we conclude that a competent coach is the one who encourages the superior, so as to inspire in the hearts of the players competition, diligence and perseverance, and thus raise morale and increase physical and psychological abilities.

The sixteenth question: Does the coach correct the mistakes you make ?

Table 16. Represents the answers to the sixteenth question.

Answers	Rarely	sometimes	always	Total
Repetitions	10	23	27	60
Percentage	%16.67	%38.33	%45	%100

Source:Amarouche, Mimene, 2024

Presentation and analysis of the results: we note from table (16) that 45% believe that the coach always corrects the mistakes made, while 38.33% believe that the coach sometimes corrects the mistakes made, and that 16.67% believe that the coach rarely corrects the mistakes made.

Conclusion: based on this, we conclude that the coach's correction of the players mistakes is important and very important because it leads them to correct their mistakes and correct them, and therefore their level rises and their abilities increase.

8. Discussion of hypotheses:



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Through the results obtained from the questionnaire directed to the 17-year-old football players and after studying and analyzing them statistically, we came to the following

The first hypothesis the researcher assumed that the coach's interest in the psychological aspect of the player affects the improvement of sports results, and through the analysis we concluded that the coach's interest in the psychological aspect of the player affects the improvement of sports results, and this is what became clear through the questions posed to the players, and that the majority of the It will also help them understand the game and develop self-confidence, so that the player maintains his psychological balance and agrees with what he said(Osama Kamel salary 2001 p. 44) that psychological preparation aims to give the player the skills to deal with psychological pressures and difficult situations, as well as in cases of injury and loss in order to maintain concentration, he said that psychological skills represent an important dimension in the preparation of players it is seen as one of the variables that must be taken care of He pointed out that psychological preparation aims to achieve maximum performance, but not at the expense of Health and psychological fitness, where he pointed out(Osama Kamel salary 1997) that controlling emotions clearly, self-confidence and a lack of tensions during sensitive and important matches is considered the elimination of problems and obstacles that stand as a barrier in reaching the goals and demands of sports.

The second hypothesis the student researcher assumed that the scientific competence of the coach helps in raising the morale of the players and qualifies them for success and through analyzing the results we concluded that scientific competence helps in raising the morale of the players and qualifies them for success and this is what proved to us by answering the questions posed that the efficiency of the coach understand it The scientifically skilled coach understands how he can provide a positive environment in the team to develop the skills of each player individually, which increases their confidence, and he can identify their psychological needs and provide the necessary support for them, which contributes to raising their morale and encouraging them and motivating them to do their best.

It also came in the context of what was said(Mohamed Elaraby Shimon in his book mental training the way to the championship) that the efficiency of the coach in the development of psychological skills such as relaxation, concentration, visualization and mental recovery of players and dealing with them

in difficult situations should go hand in hand with the development of physical fitness elements to raise the morale of the players and qualify them to succeed and win .this study agrees with what Mohamed Hassan Allawi stressed that psychological skills are psychological abilities that can be taught and acquired that help the player to perform well even in the presence of stress (Mohamed Hassan Allawi 2002 p. 19).

And when the player feels confident, he becomes more calm and relaxed in stressful situations or circumstances, this mental and physical condition allows the player to act successfully in some critical performance situations, and from it they increase in arousing positive emotions.

Training to cope with anxiety plays a big role in eliminating various physiological symptoms such as stomach troubles, increased heartbeat, physical tension, and increased sweat secretion for players, and has a big role in eliminating general psychological weakness and feeling of internal and external threat imposed by some environmental conditions for the status of the individual and his goals.

And from all this we came to the proof of the validity of the two hypotheses that we put forward.

9. General conclusion :

Through the study that we conducted in this research, which relied on the knowledge of the role of psychological preparation of the coach in helping practicing football players to gain psychological comfort during training and competition and allowing them to enter it with high mental energy, which increases their sobriety, calmness, activity and distinctive performance, questionnaire forms were distributed to the sample 60 player.

By analyzing and discussing the players ' answers, we came up with suggestions and recommendations:

- The need for psychological preparation of athletes in order to improve their performance and increase the chances of achieving achievements, as it contributes to building self-confidence and the ability to control emotions and overcome psychological stress and reduce stress levels and depression
- Providing specialized psychological programs to develop motivation and focus in addition to focusing on psychological measurements parallel to physical and



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technical measurements to follow the athlete's progress psychologically and provide the necessary support

- Coaches provide an appropriate and supportive training environment for athletes by a psychologist and apply psychological preparation techniques so that they feel safe and self-confident, which helps them achieve their best

- Give importance in the application of relaxation techniques to relieve psychological stress, improve concentration of attention, focus on positive thinking, self-motivation and avoid negative thinking to control emotions and challenges he faces

- Raising athletes ' awareness of the importance of psychological preparation and benefiting from it and distributing it throughout the training season to achieve the highest ability in the face of competition and to ensure and improve the ideal performance

- Full care and psychological support for athletes to strengthen the immune system positively to manage his fears and to adapt to the conditions of competition

- Coaches should make sure that they set themselves up well in the field of psychological preparation in order to be able to cope with it well .

- All coaches must be aware of the social situation of the players because the latter has a great impact on the player's return, there are those who live in a bad social situation, there are those who do not have the means to move for training, and there are those who suffer from family pressures, which coaches must have full knowledge of these situations and players must be helped and provide all possibilities for the development of Algerian Football .

- Psychiatrists should be provided to the players, and for this they have asked the relevant authorities, associations and club presidents for the need to provide psychiatrists ..

- We recommend coaches to stay away from nervousness before the start of the match or during it because it is not in his favor, nor in the interests of the players or the team, and he must be optimistic so that the players feel comfortable playing nervous twitching by the coach makes the player afraid of his coach and therefore does not perform well in the match.

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