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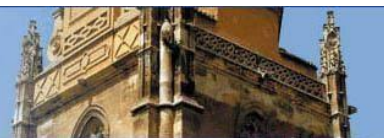
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## The role of the psychological preparation of the coach and its impact on the performance of football players - young categories

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### Abstract

This study aims to shed light on the role of the psychological preparation of the coach and its impact on the performance of football players, and this is in improving and raising the level of performance and achieving positive results, in addition to knowing the effect of psychological relationships in improving the athlete's performance. And analyze the quality of the relationship between the coach and the players from a psychological perspective. This is based on the descriptive approach. By applying the questionnaire form as a tool for collecting data, the study was conducted on a random sample consisting of (40) players active in the state football section in Chlef . To process the results, the researchers relied on statistical methods represented by frequencies, Percentage and chi-square test. The results of this study concluded, through the continuous results obtained in questionnaires for players and coaches, that the psychological role of the sports coach affects the team's performance during football competitions, and that psychological preparation has a major role in improving the team's results, and that coaches do not rely solely On the physical and technical side only , but it is necessary to pay attention to the psychological side.

**Key Terms:** psychological preparation, coach, sports performance, football players.

## **Introduction**

The improvement of the level of sports performance in football is considered as a result of the interaction of a set of psychological, mental, physical and skill dimensions, so the player's access to a high level of performance is not achieved unless there is an integration between the psychological, physical and skill preparation.

Good planning of the training process is one of the most important reasons that lead to improving the level of athletic performance. . The importance of psychological urbanization is considered to have a great impact on the development of competencies and improving the performance of football athletes, and this is through the disclosure of psychological and personal factors for each athlete, conducting psychological and emotional tests, daily observation and the creation of a physical program related to the psychological preparation scheme by the coach based on psychological requirements, as indicated by the study of Atab Ibrahim et al. (2021).

Psychological preparation is considered a complement to the physical, skill and planning preparation of the player, and it must also be taken care of at all age stages, because it is of great importance in the formation of an athlete, who can deal with various variables that happen to him in his career , which is inevitably mixed between success in periods and failure in other periods, whenever the trainers or educators in charge of the training process pay attention to this aspect and is integrated in various planning stages, it reflects positively on the player's personality, and we will try in this research to identify the opinions of players about the importance of psychological preparation for them.

### **- Study questions:**

- Does the lack of attention of the coach to the psychological preparation process during the preparation period and before the competition lead to a low level of performance of the players - Does the efficiency of the coach contribute to raising the psychological state of the players **Study hypotheses:**

- The lack of interest of the coach in the process of psychological preparation during the preparation period and before the competition leads to a low level of performance of the players.
- The efficiency of the coach contributes to raising the psychological state of the players.

### **Objectives of the study:**

- Identifying the extent of the coach's interest in the psychological preparation process during the preparation period and before the competition leads to a low level of performance of the players.
- Find out if the efficiency of the coach plays a role in raising the psychological state of the players.

### **Terms of study:**

#### **Psychological preparation:**

Psychological or psychological preparation means the level of development of psychological abilities present in athletes and some characteristics of the athlete's personality that require a good and proper completion of sports in the conditions of competition or training. psychological preparation is the process of scientific application of certain and specific methodological means directed towards the psychological formation of the athlete. (Allawi, 2001, Page 34)

#### **The concept of performance:**

In the sports field, the concept of skill is used to denote dexterity and excellence in achievement .skills in this field are based on the use of muscles to move the body or some of its parts to achieve and accomplish. these skills are characterized by being mainly on movement, in addition to involving the interaction between cognitive and administrative processes and some others emotional to achieve integration in performance. (Allawi, 1987, page 125)

### The concept of sports performance:

Sports performance is considered an achievement that can be measured on the basis of a numerical result obtained by an individual in a particular motor task, the results obtained reflect the psychomotor-physical preparations of the individual, as well as represent the efficiency characterized by the athlete in a particular activity.

Optimal performance is defined as the high level of results that you seek to achieve with the need to have dynamism and Innovation, flexibility, ability to adapt and evolve. (Ali, 1999, pp. 89-96)

### Methodology

**Method used:** the descriptive method was used to suit the nature of the study.

**Study sample:** the study sample consisted of 40 football players.

Research tools: in order to achieve our research, we relied on a descriptive method that is very suitable for this type of topics, as we relied on what is known as a questionnaire because it allows information to be collected and analyzed easily .

After we posed the problem of the research topic and the general and partial hypotheses, we formulated 08 questions divided into two axes:

### Statistical methods:

The data was statistically processed by spss version 23.

Presentation and discussion of the study results:

Presentation and discussion of the results of the first hypothesis:

The lack of interest of the coach in the process of psychological preparation during the preparation period and before the competition leads to a low level of performance of the players

**The first question:** Does the trainer have vitality and activity during the training sessions

Purpose: to find out how lively and active the trainer is during training classes.

**Table number (01) " represents the vitality and activity of the trainer during training sessions "**

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	16	%40	10.40	5.99	2	significance
Sometimes	20	%50				
Never	4	%10				
Total	40	%100				

### Analysis and discussion:

Through Table No. (01), which represents the vitality and activity of the coach during training sessions, it becomes clear to us that 16 players answered: always with a percentage of 40%, and 20 players answered: sometimes with a percentage estimated at 50%, which is the highest percentage of the players 'answers, 4 players answered: I start with a percentage of 10%, which is the lowest percentage of the players' answers.

And through the calculated K2 value, estimated at 10.40, which is greater than the tabular K2 value, estimated at 5.99, which means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**The second question:** Does the psychological preparation carried out by your coach help you to perform well

Its purpose: to find out how much the coach's psychological preparation reflects on the players ' performance.

**Table number (02) "represents the extent to which the coach's psychological preparation reflects on the players' performance**

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	22	%55	12.20	5.99	2	significance
Sometimes	14	%35				
Never	4	%10				
Total	40	%100				

#### Analysis and discussion:

Through Table No. (04), which represents the extent to which the coach's psychological preparation reflects on the players' performance, it becomes clear to us that 22 players answered: always with a percentage of 55%, which is the highest percentage of the players' answers, and 14 players answered: sometimes with a percentage estimated at 35%, 4 players answered: I start with a percentage of 10%, which is the lowest percentage of the players' answers.

And through the calculated K2 value, estimated at 12.20, which is greater than the tabular K2 value, estimated at 5.99, which means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**The third question:** are the negative results of the team primarily due to the negation of psychological preparation.

Its purpose: to find out how much the lack of psychological preparation affects the negative results of the team.

**Table number (03) "**represents the extent to which the lack of psychological preparation affects the negative results of the team."

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	20	%50	10.40	5.99	2	significance
Sometimes	16	%40				
Never	4	%10				
Total	40	%100				

#### Analysis and discussion:

Through Table No. (03), which represents the extent of the impact of lack of psychological preparation on the negative results of the team, it is clear to us that 20 players answered: always with a percentage of 50%, which is the highest percentage of the players' answers, 16 players answered: sometimes with a percentage estimated at 40%, 4 players answered: never with a percentage of 10%, which is the lowest percentage of the players' answers.

And through the calculated K2 value, estimated at 10.40, which is greater than the tabular K2 value, estimated at 5.99, which means that it has statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**The sixth question:** Does the player's psychological state reflect on his overall performance during the competition

Its purpose: to find out how much the player's psychological state reflects on his overall performance during the competition.

**Table number (04) "**represents the extent to which the player's psychological state reflects on his overall performance during the competition".

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	28	%70	26.60	5.99	2	significance
Sometimes	10	%25				
Never	2	%5				
Total	40	%100				

**Analysis and discussion:** through Table No. (04), which represents the extent to which the player's psychological state reflects on his overall performance during the competition, it becomes clear to us that 28 players answered: always with a percentage of 70%, which is the highest percentage of players' answers, and 10 players answered: sometimes with a percentage estimated at 25%, two players answered: I start with a percentage of 05%, which is the lowest percentage of players' answers.

Through the calculated K2 value, estimated at 26.60, which is greater than the tabular K2 value, estimated at 5.99, this means that it has a statistical significance at a degree of freedom of 2 and a significance level of 0.05.

Based on the results of tables no. (04, 03, 02, 01), which represent the first hypothesis, which is based on the belief that the lack of attention of the coach to the psychological preparation process during the preparation period and before the competition leads to a low level of performance of the players, and through the answers of the players, it becomes clear to us that most players are aware of the importance of psychological preparation as a component of the training process, which contributes to raising the level of the player, as it enables him to overcome obstacles encountered before, during or after the competition, and neglect of this component inevitably contributes to reducing the player's preparation and psychological preparation.

Presentation and discussion of the results of the second hypothesis:

The efficiency of the coach contributes to raising the psychological state of the players.

**Fifth question:** is the coach primarily responsible for making his technical and disciplinary decisions within the team

Its purpose: to find out how responsible the coach is in making his technical and disciplinary decisions within the team.

**Table no. (05) " represents the extent of the coach's responsibility in making his technical and disciplinary decisions within the team. "**

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	30	%75	35.00	5.99	2	significance
Sometimes	10	%25				
Never	00	%00				
Total	40	%100				

**Analysis and discussion:**

Through Table No. (05), which represents the views of the players on the extent of the coach's responsibility in making his technical and disciplinary decisions within the team, "it becomes clear to us that 30 players answered: always with a percentage of 75%, which is the highest percentage of the players' answers, and 10 players answered: sometimes with a percentage estimated at 25%, and no player ever answered.

And through the calculated K2 value, estimated at 35.00, which is greater than the tabular K2



value, estimated at 5.99, which means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**Question six:** do the decisions imposed by the coach contribute to the success of the team

Its purpose: to find out how much the imposed decisions contribute to the success of the team.

**Table number (06) - " represents the extent to which imposed decisions contribute to the success of the team."**

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	28	%70	29.60	5.99	2	significance
Sometimes	12	%30				
Never	00	%00				
Total	40	%100				

#### Analysis and discussion:

Through Table No. (06), which represents the players' opinions on how the imposed decisions contribute to the success of the team. "It is clear to us that 28 players answered: always with a percentage of 70%, which is the highest percentage of players' answers, and 12 players answered: sometimes with a percentage estimated at 30%, and no player ever answered B.

Through the calculated K2 value, estimated at 29.60, which is greater than the tabular K2 value, estimated at 5.99, this means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**The seventh question:** Do you see that the decisions of the coach are applied by the players

Its purpose: to find out how much the coach's decisions are applied by the players.

**Table number (07) " represents the extent to which the coach's decisions are applied by the players. "**

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	32	%80	41.60	5.99	2	significance
Sometimes	08	%20				
Never	00	%00				
Total	40	%100				

#### Analysis and discussion:

Through Table No. (07), which represents the players' opinions on the knowledge of the extent to which the coach's decisions are applied by the players, it becomes clear to us that 32 players answered: always with a percentage of 80%, which is the highest percentage of the players' answers, and 08 players answered: sometimes with a percentage estimated at 20%, and no player ever answered.

Through the calculated K2 value, estimated at 41.60, which is greater than the tabular K2 value, estimated at 5.99, this means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

**The eighth question:** Are you removed from the team in the event of an unjustified absence from training

Its purpose: to find out the coach's behavior in the event of a player's unexplained absence from Team training.

**Table no. (08) " represents the coach's action in the event of the player's unexplained absence**

from Team training."

Statistical methods	Repeat	Percentage	Calculated K2	K2 Tabular	Degree of freedom	significance
Phrases						
Always	24	%60	22.40	5.99	2	significance
Sometimes	16	%40				
Never	00	%00				
Total	40	%100				

### Analysis and discussion:

Through table no. (08), which represents the players' opinions about the coach's behavior in the event of a player's unexplained absence from Team training, it becomes clear to us that 24 players answered: always with a percentage of 60%, which is the highest percentage of the players' answers, and 16 players answered: sometimes with a percentage estimated at 40%, and no player ever answered.

Through the calculated K2 value, estimated at 41.60, which is greater than the tabular K2 value, estimated at 5.99, this means that it has a statistical significance at the degree of freedom of 2 and the significance level of 0.05.

According to the results of tables no. (08, 07, 06, 05), which represent the second hypothesis, which is based on the belief that the efficiency of the coach contributes to raising the psychological state of the players, and based on the answers of the players, it becomes clear to us that the coach who imposes discipline within the team can or contributes to raising the psychological state of the player by creating an atmosphere of equal playing opportunities, without giving priority to one player over another, this matter contributes significantly to the creation of competition between the players, through diligence in training, which in turn reflects positively on the overall return of the team. This corresponds to what Atab Ibrahim and others pointed out (2021.P. 15), which indicates that the coach has an effective role in diagnosing and monitoring the psychological state of the players in order to control the various negative psychological emotions experienced by the players during the sports competition.

### Conclusion:

The psychological preparation of the player is currently of great importance, because of its benefits at various levels, which contribute directly to achieving the goal that the team in general and the player in particular aspires to, so the training process now does not depend on physical preparation, skill and planning only, but a specialist in psychological preparation should be allocated, as well as the physical preparation and video analyst. Many teams are doing good preparation in the mentioned aspects and do not achieve results at the level because they neglected the most important aspect now, which is the psychological aspect.

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