

Attention in Young Soccer Players: The Development of an Attentional Focus Training Program

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ABSTRACT The purpose of this study was to investigate the effects of an attentional focus training program(AFTP) on improvement of attention by 40 young male soccer players in two age groups (8- to 10- years old, and 11- to 13- years old) tested before and after treatment. The procedure of the pre-test and post-test consisted of the completion of the Test of Attentional and Interpersonal Style(TAIS) and the Soccer(TAIS). Statistically significant performance differences ($<.001$) were demonstrated by the experimental group on the broad external attention(BET), the external overload attention(OET), the broad internal attention(BIT), the internal overload attention(OIT), the narrow attention(NAR), and the reduced attention(RED). Within the limitations of this study, it was concluded that the utilization of a specific AFTP as a psychological skills training procedure was effective in contributing to increased positive attentional traits (BET, BIT, NAR) and decreased negative attentional traits (OET, OIT, RED) of young soccer players.