

Concentration skills in practicing some group sports

Abstract

Study examines a theoretical development that leads to : regular practitioners for group sports differ from those who don't practice, in concentration skills. The sample of exploring and basic studies on " Attentional style test" showed that, both effective high achieved high level of acceptance, and the comparison results between the 2 groups in the basic sample as well: regular practitioners for group sports (represented in football, basketball, Volley ball) and unpractitioners that :the practice of sport is strongly related to the favourite concentration skills for the athlete and focusing an performing the required skills, ability to shift the internal and external focuses, overload internal and external stimulations, fit attentional focuses accorling to stimulation requirements, and less fall in attention errors .Wile overloading internal and external stimulations and narrowing attentional focus related to unpractice sports.