

Effect of mental imagery on penalty shooting in handball

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■ **ABSTRACT**

The purpose of this study was to find out the effect of mental imagery training on penalty shooting ability in handball. In order to achieve this goal thirty male handball players of Lakshmbai National University of Physical Education, Gwalior, India were selected as subjects with aged between 18-25 yrs. Subjects were randomly placed in to experimental and control group. A pre-test of penalty shooting with objective marking was used as criterion measure. Post tests were conducted after eight (8) weeks of mental imagery training. In this experimental design scores of pretest and post-test were tested by using analysis of covariance (ANCOVA) at the 0.05 level of significance. As the calculated F value was found 7.38 which was significantly higher than tabulated value 4.21 at 0.05 level of significance. It was observed that there was significant difference in performance between the experimental and control group in penalty shooting ability of handball players.

■ **KEY WORDS :** Mental imagery, Penalty shooting, Handball

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