



The Relationship of Mindfulness Dimensions with Strategic Thinking in the Attacking Third among Football Players

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Abstract

This study aimed to identify the relationship between mindfulness and strategic thinking among first-division football players. The study er hypothesized that there are statistically significant differences between mindfulness and strategic thinking in the attacking third among players in the Iraqi First Division Football League.

The study er used the descriptive method with a survey approach due to its appropriateness to the nature of the study. The study population consisted of players from the First Division League who qualified for the Iraqi Premier League for the 2024–2025 football season. The sample included players from seven clubs: Naft Al-Shamal, Baladiyat Al-Mosul, Al-Falluja, Samarra, Al-Alam, Al-Sufiyah, and Al-Amwaj Al-Mawsili, totaling 124 players.

Data was collected using two scales: the Mindfulness Scale and the Strategic Thinking Scale. These tools were reviewed by a group of experts and specialists to ensure their scientific validity before being applied to the study sample. The study er used SPSS to conduct statistical analyses, including percentage, arithmetic mean, standard deviation, hypothetical mean, Cronbach's alpha for reliability, one-sample t-test, and Pearson's simple correlation coefficient.

Based on the findings, the study er concluded that there are statistically significant differences between mindfulness and strategic thinking among First Division football players. The researcher recommends applying the mindfulness and strategic thinking scales to other groups not included in the current study to identify these variables among them.

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علاقة ابعاد اليقظة الذهنية بالتفكير الخططي في الثلث الهجومي للاعبي كرة

القدم

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الملخص

هدف البحث إلى التعرف على العلاقة بين اليقظة الذهنية والتفكير الخططي لدى لاعبي دوري الدرجة الاولى كرة القدم، وافترض الباحث وجود فروق ذات دلالة احصائية بين اليقظة الذهنية والتفكير الخططي في الثلث الهجومي لدى لاعبي دوري الدرجة الاولى لكرة القدم، واستخدم الباحث المنهج الوصفي بالأسلوب المسحي لملاءمته وطبيعة البحث، تكون مجتمع البحث من لاعبي دوري الدرجة الاولى المؤهل للدوري الممتاز العراقي للموسم الكروي (٢٠٢٤-٢٠٢٥)، أما عينة البحث فقد تكونت من (٧) أندية هي (نفط الشمال، بلدية الموصل، الفلوجة، سامراء، العلم، الصوفية والأمواج الموصلية) والبالغ عددهم (١٢٤) لاعباً، وقد تم جمع المعلومات باستخدام مقياسي اليقظة الذهنية والتفكير الخططي بعد عرضهما على مجموعة من السادة الخبراء والمتخصصين للتحقق من مواصفاتهم العلمية قبل تطبيقهما على عينة البحث، واستخدم الباحث الحقيبة الإحصائية (spss) للحصول على (النسبة المئوية، الوسط الحسابي، الانحراف المعياري، المتوسط الفرضي، ألفا كرونباخ (معامل ألفا) لاستخراج معامل الثبات، اختبار (ت) لعينة واحدة، معامل الارتباط البسيط بيرسون)، في ضوء نتائج البحث، أستنتج الباحث بأنه توجد فروق ذات دلالة إحصائية بين اليقظة الذهنية والتفكير الخططي لدى لاعبي دوري الدرجة الاولى لكرة القدم، ويوصي الباحث ضرورة تطبيق مقياسي اليقظة الذهنية والتفكير الخططي على شرائح أخرى لم يشملها البحث الحالي لتشخيص هذه المتغيرات لديهم.

الكلمات المفتاحية: اليقظة الذهنية، التفكير الخططي في الثلث الهجومي، لاعبي كرة القدم.

1- Definition of the research:

1-1 introduction and the importance of research:

Attention to the psychological aspect in the competitive sports field has become an integral part of the preparation and sports training process, in addition to the elements of other skill, physical, and planning preparations, and the psychological preparation of athletes is one of the most influential and effective ways in achieving a psychological and psychological and balanced sports personality, which makes him able to face training requirements and pressures Competition and dealing positively with others, as he can understand, control his ideas.

And the study of mental Mindfulness is one of the studies that has received great interest in recent times in Western society to our Arab society, Mindfulness expands vision and thus increases opportunities, unlike the categorical view of one-way matters that confines the player within obstructive and disabling boundaries. Mindfulness is characterized by flexibility in the new environment and alerts to its potential that is not apparent at first glance, instead of the confinement of information imposed by a narrow view. If the player falls into a categorical view, it imposes monotony and hesitation on him and closes the door to seeing new, variable, and possible possibilities. He moves away in thought and awareness into the realm of the inactive categorical view characterized by stability and automatic behavior. Therefore, it is necessary to eliminate automatic

behaviors that revolve in a vicious cycle, which obscures the vitality of competition and its transformations and the practice of mental habits that tend toward routine and repetition.

Mental Mindfulness can also give way to working in the face of various responses and better control of the required tasks, increasing feelings of self-efficacy and taking control. (88,2003, Baer)

(Al -Zubaidi, 2012) " it indicates that when individuals behave in a way that lacks mental Mindfulness, they are often unable to open up to new experiences that enable them to think positively and make decisions in new topics instead of staying stuck in thinking about old experiences when facing situations, the new, and individuals who have high levels of mental Mindfulness increases their cognitive abilities, which makes them think better and their actions and decisions significantly improve ". (Al -Zubaidi, 2012, 41)

The Tactical numbers is the bowl in which all types of preparation (physical, skilled, psychological and mental) are mixed, so the integration of the types of these settings, mixing and bonding them well helps positive One of the important and distinctive games is one of the types of sports with great need and necessary to prepare offensive plans and develop appropriate plans for the team's performance in matches.

Football is the effectiveness of decisions, thus the player must be fast -thinking as it is fast -moving, and the speed of behavior requires the player's ability to digest the information that he arrives by noting the different positions during the match and whenever the player is able to quickly behave and note the information that you reach and understand it is able From quick thinking, concluding what must be done, the required movement in the right time was completely the effective effect of its proper performance during the match. (Mukhtar, 1998, 317)

The importance of the current research in highlighting the importance of mental Mindfulness and its role in the decision -making process in various planning situations is highlighted, as mental Mindfulness can improve the general performance of the team in the offensive third, as it allows the individual to focus on important information and analyze it accurately and make the right decisions at appropriate times.

1-2 Research problem:

Mind-based studies are large and increasing in the sports psychology community as a means of understanding and exploiting human capabilities to reach the best athletic levels, Psychological preparation is one of the most effective ways to achieve a balanced and psychologically fit athletic personality, Athletic performance is a result of the interaction of physical, skill, tactical, emotional and mental aspects. Improving these aspects leads to improving the level of performance in light of the challenges faced by players in sports clubs, which are reflected in the form of various pressures that affect their emotional state, limit their level of concentration and thinking, and make them unable to find solutions and alternatives in different situations, which in turn affects the mental Mindfulness of players. As is known, mental aspects are linked to the level of performance through their connection to the level of thinking and tactical behavior, which may affect it negatively or positively. The researcher noted that the spotlight was on studies that addressed mental and mental aspects, emotional and behavioral aspects, with a lack of studies that linked mental Mindfulness with tactical thinking in the attacking third or studied the relationship between them. Hence, the problem of the study came from the researcher's desire to know the degree of dimensions of mental Mindfulness and the degree of thinking The tactics in the attacking third of first division football players and the relationship between them.

3- Research objectives:

1-3-1 Learn about the degree of dimensions mental Mindfulness for the first-class football league players.

1-3-2 1 Learn about the degree of Tactical thinking in the attacking third for the first-class football league players.

1-3-3 Learn about the relationship between dimensions mental Mindfulness and plans thinking in the offensive third of the first-class football league players.

1-4 Research hypotheses:

1-4-1 There are statistically significant differences in the degree of dimensions mental Mindfulness for the first-class football league players.

1-4-2 There are statistically significant differences in the degree Tactical thinking in the attacking third for the first-class football league players.

1-4-3 There is a statistically significant correlation between dimensions mental Mindfulness and Tactical thinking in the attacking third for the first-class football league players.

1-5 Research areas:

1-5-1 The human field: The first-class players qualified for the premier league for the season (2024-2025).

1-5-2 The temporal field: the period between 25/11/2024 to 15/1/2025.

1-5-3 Spatial field: Iraq/ Nineveh/ Mosul/ Baladia almosul and Al-amwaj al-mawsali stadium.

1-6 Determination of terms:

1-6-1 mental Mindfulness: It was known by:
(Davis & Hayes, 2011)

" The degree of the individual's awareness of the experiences that exist at the moment that occurred without issuing judgments, as it is seen as a case that can be developed through practices and activities such as thinking and meditation ". (108, 2011, Davis & Hayes)

1-6-2 Planning thinking and he knew it:
(Al -Khouli and Annan, 1999)

" A kind of thinking that the sports individual undertakes during the stage of planning learning and during sports competition, which is established in the light of the multiple responses to the athlete ". (Al -Khouli and Annan, 1999, 98)

1-6-3 offensive third (a third of the front stadium) and it was known:

" It is the team's attack area, which is the dangerous area of the opposing team's defense, and the success of the attacking team is the surprise and speed of performing the team's offensive play plans ". (Mukhtar, 1998, 205)

3- Research procedures:

3-1 Research Approach:

The researcher used the descriptive approach in the survey style to suit it and the nature of the research.

3-2 Research community and eye:

The current research community has identified the intentional way, which means " the researcher chooses the sample members as he deems appropriate to achieve a specific goal, so the players have been chosen to achieve the goal of the research " (Tashtosh, 2001, 37), the research community is one of the first -class players who qualified for the Iraqi Premier League. For the football season (2024-2025), while the research sample was formed from (7) clubs (Naft alshemal, Baladia almosul, Fallujah, Samarra, Al-Alam, Alsufia and Al-amwaj al-mawsali), which numbered (110) players, as the goalkeepers were excluded and their number (14) A guard from the experiences of the two measurements, and (10) players were excluded for their participation in the exploratory experience, as well as the exclusion of (15) players for the purposes of stability, and the table (1) shows some information about the members of the research sample.

Table (1)

The research community its eye the excluded players and their percentage attributes

Sample		Number	The Percentage %
Research Community		124	100
Search Sample		85	68,54
The Excluded players	Exploration Sample	10	8,064
	Stability	15	12,09
	Goalkeepers	14	11,29

3-3 Information collection means: Due to the comprehensiveness of the study on measuring mental Mindfulness and plans thinking, it may require the use of the questionnaire as a way to collect information.

3-3-1 Mental Mindfulness Scale, Description and Correction:

The researcher used the mental Mindfulness scale prepared by (Ahlam Mahdi Abdullah, 2013) and adopted (Hani and others) in the sports field, and it consists of (36) paragraphs, distributed in four areas (Mindfulness to Distinction by (10) paragraphs, opening to Living by (10) A paragraph, orientation in the present by (7) a paragraph and Awareness of multiple Perspectives by (9) paragraph), while the key to correct the scale adopted the five Laker Key, which contains five alternatives to answer in front of each paragraph (applies to me always, applies to me often, applies to me Sometimes, it applies to Ali rarely, it never applies to me) and gave these alternatives to degrees (5,4,3,2,1) for positive paragraphs, and (1,2,3,4,5) for negative paragraphs, and the total degree of the respondent is calculated through Collect the grades that each paragraph obtains the scale, thus the highest degree obtained by the respondent is (180) degrees and the lowest degree (36) with a premium average of the scale (108) degrees.

Table (2)

It shows the dimensions of the mental Mindfulness scale and its positive and negative paragraphs

No.	Domains	Positive Paragraphs	Negative Paragraphs	Total
1.	Mindfulness to Distinction	١,٥,٩,٢٥,٢٩,٣٢,٣٥	١٣,١٧,٢١	١٠
٢.	opening to Living	٢,٦,١٠,١٤,١٨,٢٢,٢٦,٣٣,٣٦	٣٠	10
3.	orientation in the present	٣,٧,١١,١٥,١٩,٢٣,٢٧	-	7
4.	Awareness of multiple Perspectives	٤,٨,١٦,٢٠,٢٨,٣١	١٢,٢٤,٣٤	9
				36

٢-٣-٣ The scale of Tactical thinking in the attacking third (offensive plans) description and correction:

The researcher used the scale of the Tactical thinking in the attacking third designed by (Ali Hussein Muhammad Tabil, 2005), and the test consists of (47) plans, including (33) attacking plans, and (14) a planning position of the offensive offensive cases, and the idea of the test is based on thinking and behavior The attacking player who is acquired by the ball how he notices the stadium well to realize the position of his teammates and competitors, and then he thinks well how to behave in the ball, either to take it dangerous on the goal of the opposing team or aim on the goal, or pass the ball for a colleague that is normal to be in a suitable location and in a suitable place From all his colleagues, the test situations are answered through four alternatives that carry weights between (1-4) degrees, as he offers the player a position and is asked to determine his answer by choosing the most important alternative (for the player who acquires the ball) from among the four alternatives, and the test is corrected By randomly correction, according to the degree of the alternative that the player chooses in each situation, and as a result of his most important alternative choice, we find that the

degree of alternatives to each position is random, and the higher total degree of testing is (188), while the minimum total degree of testing is (47), with an The hypothesis average (117,5), and thus the player's degree on the test is the sum of his grades on all test situations.

3-4 Scientific transactions for scales:

3-4-1 Honesty (virtual honesty):

So" Sincerity of the scale is the most important feature among the characteristics of good scale " (omer & others, 2010,189), The researcher presented the two measurements to a group of experts and specialists (appendix 1) in the field of sports psychology to identify the validity of the vertebrae of the two measurements, After extracting the percentages of agreement of the experts and specialists, the items of the two scales were accepted at 100%, which indicates the validity of the two scales and their ability to be applied to the research sample.

3-4-2 The Stability of the two scales (Mental Mindfulness, Tactical thinking in the attacking third):

Indicates (Mikhael,2016) to the stability that " A necessary or necessary condition for honesty is impossible without the establishment and confirmation of honesty ". (Mikhael, 2016, 203)

3-4-2-1 Alpha Cronbach stability coefficient:

To achieve this procedure, the researcher applied the two scales to a sample of (15) players who were randomly selected, the stability coefficient for the mental mindfulness scale reached (0.87), while the stability coefficient for the offensive tactical thinking test reached (0.82), which are stability coefficients that can be relied upon.

3-5 Exploratory Experience:

The exploratory experience was conducted on a sample of (10) players from the research community, with the aim of:

- Knowing the time needed to answer the vertebrae of the scale.
- Ensure that the sample understands the scale vertebrae and their ability to answer.

The exploratory experience showed that there is no ambiguity in the vertebrae of the scales, and the period of answering the vertebrae ranged about (20-10) minutes.

3-6 Main experience:

After completing the scientific transactions and supplies required to prepare and prepare standards (mental Mindfulness and plans thinking in the offensive third), they were applied to the research sample of (85), This is for the period from (5/2/2025) until (15/2/2025) On the surface of the Baladia almosul and Al-amwaj al-mawsali stadium.

3-7 Statistical means:

The SPSS statistical bag was used to extract the following:

- The Percentage.
- The Hypothesis Average.
- The Average.
- Standard deviation.
- Alpha Cronbach to extract stability.
- (T) Test for one sample.
- Person correlation coefficient.

4- Presentation and discussion of results:

In order to achieve the research objectives, the research tools of the mental Mindfulness first division football league players, and statistical analyses were conducted for the data obtained, and the results that will be presented and discussed according to the research objectives and hypotheses were reached as follows:

4-1 First Objective:

Learn about the degree of dimensions mental Mindfulness of the first-class football league players.

In order to achieve the first objectives, mental mindfulness was measured among the application sample of first division football league players by applying the mental Mindfulness scale to the individuals in the research sample. The degree of the scale's dimensions was adopted as a basis for identifying the degree of mental Mindfulness, and Table (3) shows that.

Table (3)

Shows the statistical values of the research sample individuals on the dimensions mental Mindfulness

Statistical Dimensions	The average	Standard deviation	The hypothesis average	T calculate d	Sig level
Mindfulness to Distinction	32,529	٣,٧٧٢	٣٠	٦,١٨٢	٠,٠٠٠
opening to Living	32.152	4,747	٣٠	٤,١٨١	٠,٠٠٠
orientation in the present	22,470	3,759	٢١	٣,٦٠٦	٠,٠٠١
Awareness of multiple Perspectives	28,105	3.273	٢٧	٣,١١٥	٠,٠٠٣
The scale as a whole	115,258	8,316	١٠٨	٨,٠٤٧	٠,٠٠٠

From Table (3) it is shows that:

The average and standard deviations and The hypothesis average for dimensions mental Mindfulness The research sample individuals, in the average is reached for the **first dimension** (٣٢,٥٢٩), with standard deviation (3,772), As it reached the average **second dimension** (٣٢,١٥٢), with standard deviation (٤,٧٤٧٤), and reached the average for the **third dimension** (٢٢,٤٧٠), with standard deviation (3,759), As it reached the average **fourth dimension** (28,105), with standard deviation (3,273), while the average **of the scale as a whole was** (115,258), with standard deviation (15,551), with hypothesis average (108), When comparing the arithmetic average and the hypothetical average for the scale as a whole and for each dimension, it became clear that there is an average level of mental mindfulness among the individuals in the research sample, as the arithmetic mean for the scale as a whole and for all dimensions is greater than the hypothetical mean. The emergence of this result among the individuals in the research sample can be explained by the importance of mental Mindfulness in the sports field, because through it, the player can be more focused and attentive to everything that surrounds him at the present time and overcome many of the difficulties that he may face, as the player is exposed to several situations that require him to focus and think at a distinct and rapid level of mental processes, because it requires all players to make decisions in fractions of a second, This is what Hekmat (2016) indicated: " Mental Mindfulness can be considered a high indicator of mental processes, high, the better the mental processes (attention, thinking, remembering, perception), the better the mental Mindfulness of a person is, and that mental Mindfulness is the state or behavior that occurs at the present moment, and in order for a person's mental Mindfulness to be good, he must have a flexible state of mind, i.e. look at information and situations from multiple points of view, accept the opinions of others, and not have a definitive view of things. This helps him to open up to everything new and invent different and new things, and through this he acquires a lot of information and experiences that enable him to reach better levels ". (Hekmat, 2016, 25)

And it appeared **dimension Mindfulness to Distinction** by that level of discrimination is evidence that first division football players focus their attention to be aware of the events, developments and various tactical situations of the game, which motivates the player and programs his mind to find solutions and act intelligently with the opponent, and is a source of strength for the player, whether

during training or competition, in order to achieve positive results and avoid negative results, as the ability to focus attention is natural and inherent in the player's available human capabilities and is present in the mind to be an effective means of improving mental flexibility, This is what was indicated by the study (Al-Tutu, 2018): " mind players are more attentive and able to select stimuli from the surrounding environment, their minds are not distracted and they are able to focus on the required activity in training and competition ". (Al-Tutu, 2018, 40). Also, (Aboud and Francis, 2017) see: " Mindfulness essentially means focusing attention and awareness of current events and looking at things in thoughtful ways ". (Aboud and Francis, 2017, 493)

As it appeared **dimension opening to living** by that level of discrimination is evidence that players They have a high sense of discovering new stimuli resulting from the playing conditions and the ability to form appropriate tactical responses and solutions for them. This is what distinguishes team game players as a result of paying attention to more than one stimulus, the amount of attention paid to a football player in a playing situation requires distributing it to the fellow player, the opposing player and the ball. Open-minded players are characterized by curiosity and learning about new things that enhance their tactical balance and at the same time perform the tasks and duties assigned to them within the playing position they occupy in the team's plan or style of play, in this regard, Al-Dhahabi (2021) points out, " Individuals who are open to new ideas are characterized by a love of curiosity, experimentation, and a tendency toward ideas that include mental challenges. These alert individuals do not lose focus on stimuli outside the scope of the task at hand, while at the same time devoting most of their attention to the task at hand ". (Al-Dhahabi, 2021, 294), Awareness and attention to information require emotional and cognitive factors. Mindfulness is the state in which an individual develops, and is evident in the flexibility of creativity and innovation in new classification categories. It helps expand an individual's vision, which means increasing the chances of openness to everything new and innovative. In this state, the individual is more alert and aware.

And it appeared **dimension orientation in the present** by that level of discrimination is evidence The player's preoccupation with performing the motor or tactical duty at the present time and the conscious awareness of the current experience or current reality, and his presence in his body and mind in the current moment without distraction. This applies to performance and skills, which requires the player to be alert and aware of himself and the events around him and able to deal alertly and freely with the events that he is exposed to during performance by acting in appropriate ways to achieve successful performance and victory, this is what was confirmed by (Flook, 2010) " that mindfulness enhances performance and makes the individual more aware of the external and internal world and the healthy interaction between them ". (70, 2010, Flook)

And it appeared **dimension Awareness of multiple Perspectives** by that level of discrimination is evidence During the preparation process for the tactical and strategic side, coaches always present the player with more than one option and view from multiple angles and perspectives of the competitive tactical situation and do not stick to one point of view or one option. When the player reaches a state of awareness and consciousness of the ideas and information he received, he becomes able to distinguish each idea separately and is able to absorb all of these ideas in a conscious and open manner, This, in turn, ultimately leads to building a more logical idea that serves the tactical situation and thus serves the work in the attacking third of the team, This is what scientific sources have confirmed, including (Kawthar, 2019): " Awareness of multiple and different viewpoints means not taking a position from one side, but rather looking at it from more than one angle, which allows the individual to see more than one solution to problems, in addition to making improvements to what he is doing according to the viewpoints he deems appropriate ". (Kawthar, 2019, pp. 32-33)

4-2 second Objective:

Learn about the degree of dimensions Tactical thinking in the attacking third for the first-class football league players.

In order to achieve the second objective, tactical thinking in the attacking third was measured among the application sample of first division football league players by applying the tactical thinking scale to the individuals of the research sample. The total score of the scale was adopted as a basis for identifying the degree of tactical thinking, and Table (4) shows that.

Table (4)

Shows the statistical values of the research sample individuals on the Tactical thinking in the attacking third

Statistical Variable	The average	Standard deviation	The hypothesis average	T calculated	Sig level
Tactical thinking	١٢٣,٩٧٦	٦,١٣١	١١٧,٥	٩,٧٣٨	٠,٠٠٠

From Table (4) it is shows that:

The results of the statistical analysis also indicate that the research sample has a high degree of Tactical thinking because the arithmetic mean is greater than the hypothetical mean, and the significance level (sig) reached (0.000), which is smaller than the significance level (0.05), which indicates a clear increase in Tactical thinking that can be attributed to the individuals of the research sample, The researcher attributes the reason for this result to the players' possession of theoretical information and knowledge that helps them to analyze different playing situations well and choose the most appropriate solutions necessary to confront such situations and thus speed up performance and implementation, as the player's process of acquiring knowledge related to the playing plan occupies a great degree of importance, as this contributes to the player acquiring the necessary perceptions for tactical performance and upon which the acquisition of the correct behavior of the individual is based, and increasing the ability to think sufficiently to enable the player to act well and make the appropriate decision in various multiple and changing situations during sports competitions, This is what Al-Rawi and Tabeel (2006) pointed out: " It is necessary to develop the experience of football players through theoretical and practical training. The knowledge and information that the player acquires, and the explanation and analysis of tactical situations and their theoretical and practical comprehension contribute to the players acquiring new tactical experiences and knowledge that qualify them to play successfully ". (Al-Rawi and Tabeel, 2006, 20)

4-3 Second Objective:

"Learn about the relationship between dimensions mental Mindfulness and Tactical thinking in the offensive third of the first-class football league players".

In order to know the relationship between mental Mindfulness and Tactical thinking of the research sample individuals, it was necessary to extract the simple Pearson correlation coefficient, and Table (5) shows that.

Table (5)

correlation coefficient between dimensions mental Mindfulness and Tactical thinking

sq.	Statistical Variables	Sample number	The average	Standard deviation	Values (R)	sig
١	Tactical thinking	85	١٢٣,٩٧٦	٦,١٣١	٠,٣١٩	٠,٠٠١
	Mindfulness to Distinction		٣٢,٥٢٩	٣,٧٧٢		
٢	Tactical thinking	٨٥	١٢٣,٩٧٦	٦,١٣١	٠,٣٦٢	٠,٠٠٨
	orientation in the present		٣٢,١٥٢	٤,٧٤٧		

٣	Tactical thinking	٨٥	١٢٣,٩٧٦	٦,١٣١	٠,٥٨٨	٠,٠٠٠
	opening to Living		٢٢,٤٧٠	٣,٧٥٩		
٤	Tactical thinking	٨٥	١٢٣,٩٧٦	٦,١٣١	٠,٦٢٦	٠,٠٠٠
	Awareness of multiple Perspectives		٢٨,١٠٥	٣,٢٧٣		

*Moral at the significance level $\leq (0,05)$

From Table (5) it is shows that:

The average for Tactical thinking reached (123,976), with Standard deviation (6,131), AS The average for Mindfulness to Distinction reached (32,529), with Standard deviation (3,772), As values correlation coefficient reached (0,319), As about for results significance level (0,001) it is smaller than the approved significance level (0,05).

The researcher attributes the reason for this to the tactical thinking of the research sample members and its relationship to the dimension of Mindfulness to Distinction, as there is a statistically significant positive relationship that expresses the enjoyment of the research sample members of the first-class football league players of the ability to pay attention and focus. When focusing attention, the individual gains a lot of strength, confidence and control over all aspects of life in order to be able to achieve change for the better through performing strongly and enthusiastically throughout the match in order to be able to achieve the best results, Also, the self-confident football player does not see failure as a defeat, but rather sees it as an opportunity to learn, This is what scientific sources have confirmed, including (Ahmed and Suleiman, 2009): " Focusing on one's attention is considered one of the most important steps on the road to athletic excellence, because losing attention for a split second during a race can mean the difference between success and failure in performance ". (Ahmed and Suleiman, 2009, pp. 17-18), Langer (1989) confirms this by saying, " Mindfulness helps in accepting new ideas, as individuals usually form opinions based on first impressions and stick to these opinions even when conclusive evidence appears, which is what Langer calls 'immature cognitive commitments'. Mindful individuals take the available tools to improve their ability to understand and not give up, no matter how long the training and competition periods are, with the goal of achieving success in athletic competition ". (Langer, 1989, 66)

As correlation Tactical thinking with dimension orientation in the present from Table (5) it is clear that the average for Tactical thinking reached (123,976), with Standard deviation (6,131), AS The average for orientation in the present reached (32,152), with Standard deviation (4,747), As values correlation coefficient reached (0,362), As about for results significance level (0,008) it is smaller than the approved significance level (0,05).

The researcher attributes the reason for this to the tactical thinking of the individuals in the research sample and its relationship to the dimension of orientation in the present, as there is a statistically significant positive relationship that the individuals in the research sample of first-class football league players possess mental Mindfulness that works to improve the individual's ability to comprehend when dealing with new information from multiple sources, which contributes to developing his vision in using multiple and varied methods in solving the problems he faces while in the tactical situation, Hence it indicates (Munei, 2022) points out, " Mindfulness focuses on paying attention to one situation at a time, without thinking about the past or future, in order to enhance awareness of the situation from all its aspects ". (Munei, 2022, 4), Both (Zaid and Ahmed, 2020) and (Abu Bakr, 2020) agree with this, stating that " it leads to increased awareness, abandoning preconceived reactions, and flexibility in responding to and dealing with emergency events, while reducing the risk of errors." (Zaid and Ahmed, 2020, 12) (Abu Bakr, 2020, 13).

As correlation Tactical thinking with dimension opening to Living from Table (5) it is clear that the average for Tactical thinking reached (123,976), with Standard deviation (6,131), AS The average for orientation in the present reached (22,470), with Standard deviation (3,759), As values correlation

coefficient reached (0,588), As about for results significance level (0,000) it is smaller than the approved significance level (0,05).

The researcher attributes the reason for this to the tactical thinking of the research sample members and its relationship to the dimension of opening to Living, as there is a statistically significant positive relationship, as the research sample members of the first division first-class football league players are exposed to many situations in training and competitions that require making decisions in fractions of a second, and this is represented in the individual's attempt to quickly estimate his position and realize the relationships associated with the course of the game and the ability to infer and explain so that he can respond correctly in a manner that suits the situation, and there are many sports activities in which the greatest burden falls on the thinking processes during the various tactical responses, In this regard, (Abdul Aziz, 2023) points out, " Mindfulness is an active mental state in which individuals focus their attention on a specific topic and direct this attention through deep thought and awareness. This enables the individual to concentrate and gain insights and directions toward life and decision-making ". (Abdul Aziz, 2023, 24).

Also correlation Tactical thinking with dimension opening to Living from Table (5) it is clear that the average for Tactical thinking reached (123,976), with Standard deviation (6,131), AS The average for Awareness of multiple Perspectives reached (28,105), with Standard deviation (3,273), As values correlation coefficient reached (0,626), As about for results significance level (0,000) it is smaller than the approved significance level (0,05).

The researcher attributes the reason for this to the tactical thinking of the research sample members and its relationship to the dimension of awareness of multiple points of view, as there is a statistically significant positive relationship that the research sample members of the first division football league players have experience through the players' many participations that increase the training age, as the researcher noticed, through the process of emptying the mental mindfulness scale forms, that the players' answers to the fields that the researcher placed at the beginning of the scale that most of the players have a good training age and multiple participations in the competitions and tournaments that take place within the activities of the Iraqi Central Football Association, which had a great and direct impact on the level of players' performance, as field experience in the field of football allows players to enjoy the ability to adapt and look from multiple points of view with the circumstances and fluctuations that occur during the match by possessing the factor of experience and experimentation, which helps in analyzing situations and finding appropriate solutions, This is consistent with what was indicated by (Mohammed, 2008) " that mindfulness comes as a result of long-term changes or adaptations in the way of action, in addition to the physical and skill variables that are achieved through training and experiences of success and failure, which are acquired through practice and competition. These factors transform psychological structures such as self-confidence, self-perception, and focus on performance to the highest levels, thus reaching a state of mindfulness ". (Mohammed, 2008, 17)

5- Conclusions and Recommendations:

5-1 Conclusions: Through the presented research results, the researcher concluded the following:

5-1-1 the first-class football league players have a medium degree of dimensions mental Mindfulness.

5-1-2 the first-class football league players have a high degree of mental Tactical thinking in the attacking third.

5-1-3there is a statistically significant correlation between dimensions mental Mindfulness and Tactical thinking in the attacking third of the first-class football league players.

5-2 Recommendations:

5-2-1 Applying the mental Mindfulness and Tactical thinking in the attacking third scales to other groups not included in the current research to diagnose these variables among them.

5-2-2 Enhancing mental Mindfulness and Tactical thinking by using guidance programs based on increasing the improvement of these variables.

5-2-3 Emphasizing the need to hold workshops for training and technical staff to demonstrate the importance of mental Mindfulness and tactical thinking among players.

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Appendices

(appendix 1)

Names of experts and specialists

No.	Name	Title	Jurisdiction	College
1.	D. Esam Mohammed reda	Sports psychology	professor	Physical Education and Sports Science
2.	D. Moayed abdalrazaq alhaso	Sports psychology	professor	Physical Education and Sports Science
3.	D. Nagham Mahmood alobaidi	Sports psychology	professor	Physical Education and Sports Science
4.	D. Rafeh Idris abd alghafor	Sports psychology	Assistant professor	Physical Education and Sports Science
5.	D. Waleed Dhanon younes	Sports psychology	Assistant professor	Physical Education and Sports Science
6.	D. Mahmood motar	Sports psychology	Assistant professor	Physical Education and Sports Science
7.	D. Mohammed kheraldeem	Sports psychology	Assistant professor	Physical Education and Sports Science
8.	D. Mohammed Khalid Mohammed	Sports psychology	Assistant professor	Physical Education and Sports Science

(appendix 2)

Mindfulness Scale in its final form

University of Mosul

College of Physical Education and Sports Sciences



Dear respected player

Best regards....

In your hands is a set of phrases that represent some of the situations that you face and that indicate your behavior in your sports life, so please read each paragraph carefully and then answer honestly and clearly by putting a mark (√) in front of each paragraph and under the alternative that you see as appropriate for you, and please answer all paragraphs of the scale with complete accuracy and honesty. There are no right or wrong answers, as every answer is considered correct as long as it expresses your personal convictions, noting that your answer will be used for scientific research purposes and there is no need to mention your name on the form.

Thank you for your cooperation

Note: Before answering, please write down the following information:

Club Name:

Playing Position:

Number of Years Training and Playing:

Age:

Sq.	The paragraphs	Applies to me				It does n't apply to me at all
		Always	mostly	Some times	rarely	
1	I find myself able to listen to people and do other things at the same time.					
2	I am very curious					
3	Part of my mind is occupied outside of the work I'm doing.					
4	I use all available tools to improve my understanding.					
5	I try to solve problems, whether they're pleasant or unpleasant.					
6	I have the ability to come up with abstract solutions to problems.					
7	I tend to do several things at once.					
8	I don't limit myself to one way of solving problems.					
9	I use new thinking strategies to face difficult situations in competition.					
10	I see all skills in the game as interconnected.					
11	I use my past experiences to face similar problems in the future.					
12	I feel like I'm being guided automatically without being aware of what I'm doing in competition.					
13	I easily get distracted in competitions.					
14	I try to benefit from my teammates' opinions to solve a particular problem.					
15	I have the ability to predict events before they happen.					
16	I'm eager to know what I'll learn from observing things that interest me.					
17	It's difficult to find the words to describe what I'm thinking.					
18	I'm aware of all the thoughts and feelings I have about others.					
19	I find myself thinking "I think, therefore I am					
20	I'm curious about what's going on in my mind at every moment.					
21	I engage with others in activities. Without being certain that I'm paying attention to them.					
22	I am a flexible person.					
23	I can judge whether my thoughts are good or bad.					
24	I perform my duties and tasks automatically, without being aware of what I'm doing.					
25	I talk about my mistakes and see them as a way to learn from them.					
26	I evaluate what I know, whether it's right or wrong.					
27	I tend to try everything new.					
28	I am aware of the dire consequences of my actions.					
29	I am a creative person.					

30	I find it difficult to concentrate when faced with any problem.					
31	I have a sense of humor.					
32	I judge what is and isn't worth paying attention to based on my experience.					
33	I am good at choosing words to describe my feelings.					
34	I have irrational thoughts in competition.					
35	I feel anxious about any developments in my life.					
36	I accept the results of wins and losses with a good sense of humor.					

(appendix 3)

The scale of Tactical thinking in the attacking third (offensive plans) description and correction:

The researcher used the scale of the Tactical thinking in the attacking third designed by Ali Hussein Muhammad Tabil, 2005.