

International Conference on

# Pediatric Pharmacology and Therapeutics

12<sup>th</sup> International Conference on

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# Pediatric, Perinatal and Diagnostic Pathology

July 13-14, 2018 | Toronto, Canada

## The effect of experience, coaching and technical post, on the coping strategies solicited by the U15 elites affiliated to the regional centers of the Tunisian Football Federation (TFF)

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Today, the training center represents an unavoidable passage in the career of the high-level footballer. Training centers are among the mechanisms of National Technical Direction, to develop Tunisian football, and to improve performance in youth categories. The objective of our study is to examine the coping strategies of the competition, solicited by the elites affiliated to the regional training centers of the Tunisian Football Federation (TFF) and evaluate the interaction effects of coaching, experience, and the technical position. 76 U15 football players regularly evaluated through high-stakes competitions are invited in one hour after the competition, to settle against the Arabic version of the inventory of coping strategies of the sporting competition. Data were collected and analyzed by SPSS IBM and AMOS version 21.0.0. The results suggest that mental distraction is the coping strategy most solicited by our participants, the MANOVA analysis, only disclosed the effect of the coaching factor on mental imagery, thought control, Effort expenditure and Relaxation, but regression analysis revealed no strong explanatory relationship. Overall, this study allowed us to deepen our knowledge about the coping strategies of the competition used in the preformation process in the different training centers of the TFF. In addition, the impact of experience, coaching and the specificity of the technical position, on the choice of these strategies in competitive contexts.

### Biography

Hajji Jamel is a Researcher at the field of coping and anxiety. He successfully completed his master and Ph.D in the field of Higher Institute of Sport and Physical Education Gafsa, Gafsa University, Tunisia.

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