



**The effect of mental training (mental visualization and attention focus)
on the accuracy and speed of offensive performance in fencing players**

*El efecto del entrenamiento mental (visualización mental y enfoque de atención) en la
precisión y velocidad del rendimiento ofensivo en jugadores de esgrima*

Abstract

Objective: The research aims to investigate the effect of mental training, which includes mental visualization and concentration of attention, on the accuracy and speed of offensive performance in fencing. The importance of the research stems from the pivotal role of psychological variables in achieving higher sporting achievements, and the fact that offensive movements are decisive in resolving fights.

Methodology: The research adopted the experimental approach by designing two groups (experimental and control), and the research community included players of the specialized fencing school. An intended sample of 60 male players was selected, randomly divided into two homogeneous groups. The methodology included applying a mental training program to the experimental group for 9 weeks (27 training units), in addition to its usual technical training, while the control group underwent only traditional training. The accuracy and speed of the compound offensive movements were measured using specific skill tests, validated, and their stability (Cronbach's alpha coefficient exceeded 0.769).

Results: The results showed a significant improvement in the accuracy and speed of the offensive performance of the experimental group in all post-tests compared to the control group, as compared to the ratio of ($p < 0.05$), which is as follows: (5.000, 16.168, 22.168, 24.081). **Discussion:** These findings are attributed to enhanced mental abilities, improved neuromuscular coordination, and the role of relaxation and repetition exercises in developing motor sensation and decision-making.

Conclusions: The research concludes that mental training is effective in developing accuracy and speed of offensive performance in fencing and recommends incorporating it as an essential part of athletic training programs.