

Abstract

This research aimed to study the impact of mental imagery on the accuracy of motor skills among high school badminton student-athletes. The results were gathered based on the pre-test and post-test of the control group and experimental group. The results showed that there is a significant difference between the post-test mean scores of the control group and experimental group, it showed that mental imagery effectively help the performance of the student-athletes of the MCA Badminton Club.

