Psychological skills training applied to soccer: A systematic review based on research methodologies.

Psychological Skills Training Applied to Soccer: A Systematic Review Based on Research Methodologies

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Abstract

The purpose of this study was to provide a systematic review of studies on psychological skills training (PST) applied to soccer from 1980 until the end of 2012. A total of 28 studies were evaluated and reported in five sections: year overview and journals, research designs, data collection, sample characteristics and PST focus category. PST articles applied to soccer were spread throughout a wide range of journals and had a considerable growth during the 2008-12 period. Results also indicated that most of the research on PST applied to soccer was experimental, longitudinal and combined quantitative and qualitative data. Furthermore, the majority of studies focused on non-elite players with an age under 16 and were conducted in North American countries. Critical and innovative reflections were made in order to highlight potential research gaps and to suggest new perspectives for further investigation.

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