

INPLASY PROTOCOL

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Conflicts of interest:
None declared.

Effects of Exercise trainings on Field Hockey Players Performance. A Systematic Review

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Review question / Objective: This study reviews the impact of different types of exercise training on the health and skill-related physical fitness of athletes.

Eligibility criteria: In inclusion criteria: English language article, both gender players, male and female, related articles on hockey players, fitness and performance-related studies.

Information sources: Ebscohost, Web of Science, Science Direct, Scopus, Proquest, Google Scholar, and Additional References.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 20 May 2022 and was last updated on 20 May 2022 (registration number INPLASY202250125).

INTRODUCTION

Review question / Objective: This study reviews the impact of different types of exercise training on the health and skill-related physical fitness of athletes.

Rationale: This review study will be significant, see the training effect size and give the directions for filling the gaps in the future researcher to enhance performance in different levels of athletes in sports.

Condition being studied: NIL.

METHODS

Search strategy: Exercise Training, Physical training, Exercise physical training, Exercises, Training, Performance, Hockey skills, Hockey techniques, dribbling, shooting, shooting speed, shooting accuracy, agility, Change of direction, Sprinting, sprint, speed, Athletes performance, Hockey players, male hockey

players, Hockey Athletes, Female hockey players, Female hockey athletes, Hockey players performance.

Participant or population: All level of Hockey players.

Intervention: All types of Exercise trainings.

Comparator: Field hokey players performance.

Study designs to be included: RCT and Non-RCT.

Eligibility criteria: In inclusion criteria: English language article, both gender players, male and female, related articles on hockey players, fitness and performance-related studies.

Information sources: Ebscohost, Web of Science, Science Direct, Scopus, Proquest, Google Scholar, and Additional References.

Main outcome(s): Not yet start.

Data management: Not yet start.

Quality assessment / Risk of bias analysis: Not yet start.

Strategy of data synthesis: Not yet start.

Subgroup analysis: Not yet start.

Sensitivity analysis: Not yet start.

Language: English.

Country(ies) involved: Pakistan, Malaysia, China.

Other relevant information: NIL.

Keywords: Exercises; trainings; hockey players; players performance.

Dissemination plans: Not yet start.

Contributions of each author:

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