

INPLASY PROTOCOL

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None declared.

Effects of Physical Trainings on Handball Players Performance. A systematic Review

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Review question / Objective: The main objective of this review to see the effects of physical trainings on handball players performance.

Rationale: In future, this review study will be beneficial to apply the effect of trainings at all level of handball players.

Information sources: EBSCOHOST (SPORT Discus), ProQuest, Web of Science, PubMed, Google Scholar, and Science Direct.

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 INPLASY202250126).

INTRODUCTION

Review question / Objective: The main objective of this review to see the effects of physical trainings on handball players performance.

Rationale: In future, this review study will be beneficial to apply the effect of trainings at all level of handball players.

Condition being studied: Nil.

METHODS

Search strategy: Physical training, physical exercises, handball players, physical performance, handball players performance, male handball players, female handball players.

Participant or population: Handball Players.

Intervention: Physical Trainings.

Comparator: One, two and more Groups.

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

Eligibility criteria: Published in English article, all level of male and female handball players.

Information sources: EBSCOHOST (SPORT Discus), ProQuest, Web of Science, PubMed, Google Scholar, and Science Direct.

Main outcome(s): Not yet started.

Data management: Not yet started.

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

Strategy of data synthesis: Not yet started.

Subgroup analysis: Not yet started.

Sensitivity analysis: Not yet started.

Language: English.

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

Other relevant information: Nil.

Keywords: Physical Trainings, players performance, handball players.

Dissemination plans: Nil.

Contributions of each author:

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