

INPLASY PROTOCOL

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None declared.

The effects of opposition on collective and individual behaviours in soccer: A systematic review

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Review question / Objective: This systematic review was conducted to verify the effects of opposition on different outcomes (e.g.: tactical, technical, physical and psychological dimensions) in collective (teams) and individual (players) behaviours on training sessions in soccer.

Eligibility criteria: I) Articles wrote in English, Spanish or Portuguese; II) Articles published in peer-review journals; III) Articles with sample composed of soccer players of both genders (male and female).

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 28 April 2023 and was last updated on 28 April 2023 (registration number INPLASY202340105).

INTRODUCTION

Review question / Objective: This systematic review was conducted to verify the effects of opposition on different outcomes (e.g.: tactical, technical, physical and psychological dimensions) in collective (teams) and individual (players) behaviours on training sessions in soccer.

Rationale: The level of opposition can influence the behaviour of soccer players and teams in different ways. It is important

to know how this variable can be manipulated on soccer training to achieve the behaviours necessary to better develop the players.

Condition being studied: Levels of opposition in soccer.

METHODS

Search strategy: (soccer OR football) AND (opposition OR opponent OR “quality of opposition” OR “levels of opposition” OR

“situational variables” OR “contextual variables” OR “opposition ability” OR “numerical unbalance” OR “opposing teams”) NOT (referee OR injur* OR “american football” OR “australian football” “gaelic football” OR rugby OR volleyball OR basketball OR “robot soccer” OR handball).

Participant or population: Soccer players of any gender, age and level of expertise.

Intervention: Opposition.

Comparator: Not applicable.

Study designs to be included: No restrictions with regard to study designs.

Eligibility criteria: I) Articles wrote in English, Spanish or Portuguese; II) Articles published in peer-review journals; III) Articles with sample composed of soccer players of both genders (male and female).

Information sources: Eletronic databases (PubMed, Scopus, Web of Science, SPORTDiscus and Scielo) were searched for relevant publications prior to the April 10, 2023.

Main outcome(s): Any variable related to 4 dimensions of soccer: tactical, technical, physical or psychological.

Additional outcome(s): Not applicable.

Data management: EndNote 20.0 .

Quality assessment / Risk of bias analysis: The studies' quality was assessed using a risk-of-bias quality form (16 items) adapted from Law and colleagues (1998).

Strategy of data synthesis: In order to fulfill the criteria of this work, the data will be extracted and analyzed as follows:

- I) According to the method of establishment of the level of opposition and to the outcome measures related to it;
- II) According to the variables found in each of the dimensions of the soccer game and the respective instruments used to measure these variables.

Subgroup analysis: Not applicable. A meta-analysis will not be performed.

Sensitivity analysis: Not applicable. A meta-analysis will not be performed.

Language restriction: Only articles wrote in English, Spanish and Portuguese will be analyzed.

Country(ies) involved: Brazil.

Other relevant information: Exclusion criteria:

- I) Articles related to any other sports different of soccer;
- II) Articles related to friendly or official matches;
- III) Articles that are: reviews of any kind and conference papers;
- IV) Articles with low methodological quality ($\leq 50\%$).

Keywords: Tactical; Technical; Physical; Psychological; Football; Small-sided games; Decision-making.

Contributions of each author:

Author 1 - Victor Machado - Led the systematic review, performed the data search and extraction, performed data analysis, and wrote and revised the original manuscript.

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