

INPLASY202370041

doi: 10.37766/inplasy2023.7.0041

Received: 11 July 2023

Published: 11 July 2023

**Corresponding author:**

Wensheng Xiao

1015468937@qq.com

**Author Affiliation:**College of Physical Education,  
Hunan Normal University, China.Wang, BH<sup>1</sup>; Wan, B<sup>2</sup>; Chen, S<sup>3</sup>; Tang, CF<sup>4</sup>; Long, B<sup>5</sup>; Xiao, WS<sup>6</sup>.**ADMINISTRATIVE INFORMATION****Support** - Supported by the Ministry of Education of the People's Republic of China, Grant No. 20YJA890002.**Review Stage at time of this submission** - Completed but not published.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202370041**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 11 July 2023 and was last updated on 11 July 2023.**INTRODUCTION**

**Review question / Objective** There is evidence and suggests that the most utilized technique in soccer is the short pass. However, a systematic review of the factors affecting the short passing technique of soccer players has not been found in the current published literature. Therefore, the aim of this study will be to clarify the factors affecting soccer players' short-passing technique in order to support the improvement of soccer players' short-passing technique.

**Condition being studied** Technique and tactics are key factors in the success of a soccer game, and the short passing technique is one of the most important techniques in soccer. This is because the short passing technique is the basis for the team to establish offense and control the rhythm of the game. Reasonable application of short passing technology can help the team to take more initiative in the game, through a number of

consecutive fast short passes can effectively accelerate the game tempo, complete the offensive tactics, give the opposing team a greater pressure on the defense, thus creating goal-scoring opportunities. In addition, a study on the technical analysis of players in high-level soccer matches shows that 70% of the goals come from short-distance passes within 4 times, and getting a shot on goal near the penalty spot of the penalty area through short passes will increase the chances of scoring goals.

**METHODS**

**Participant or population** Football player.

**Intervention** Any factors or interventions that may affect a soccer player's short-passing skills.

**Comparator** Between-group comparisons and within-group pre-test and post-test comparisons Component comparison and intra-group front - side - back - test comparison.

**Study designs to be included** randomized controlled trial; non-randomized controlled trial; randomized cross-over design.

**Eligibility criteria** Studies that met the following criteria were included: (1) the subjects were soccer players; (2) at least one of the study objectives was to evaluate the effect of the intervention modality or factor on the short-passing technique of soccer players; (3) there was a clear evaluation of short-passing technique. Studies that met the following exclusion criteria were excluded: (1) reviews, conference abstracts, case reports, and short communications were excluded; (2) studies that were not supported by data or statistically analyzed; Studies that met the following exclusion criteria were excluded: (1) reviews, conference abstracts, case reports, and short communications were excluded; (2) studies that were not supported by data or statistically analyzed.

**Information sources** Web of Science, PubMed, EBSCOhost, google scholar and references of supplement.

**Main outcome(s)** Thirty-three studies were included in this systematic review. The study showed that there are many factors that can affect soccer players' short passing technique, among which in terms of training on soccer players' short passing technique, Fitness training, Small-sided games training, and partial warm-up training had a positive effect on soccer players' short passing technique, while high-intensity position-specific training had no significant effect on soccer players' short passing technique; in terms of fatigue on soccer players' short passing technique, mental fatigue and fatigue had no significant effect on soccer players' short passing technique. In terms of the effect of fatigue on soccer players' short passing technique, psychological fatigue and muscle fatigue had a negative effect on soccer players' short passing technique; in terms of the effect of supplement intake on soccer players' short passing technique, water intake had no significant effect on soccer players' short passing technique, and the effect of nutrient fortification intake on soccer players' short passing technique was unclear; in addition, among other factors affecting soccer players' short passing technique, motivation, verbal communication and visual observation had a positive effect on soccer players' short passing technique. In addition, among other factors affecting soccer players' punt technique, motivation, communication and visual observation positively influenced soccer players' punt technique, and different soccer turf and

salbutamol intake did not have significant effects on players' punt technique.

**Quality assessment / Risk of bias analysis** PEDro Scale ([www.pedro.org.au](http://www.pedro.org.au)).

**Strategy of data synthesis** We summarized the following variables in a spreadsheet:(1) authors, title, year of publication, and country/region; (2) study design; (3) subject characteristics (age, gender, etc.) ; (4) sample size (5) intervention; (6) intervention characteristics; and (7) study results. Data extraction and quality assessment were conducted in duplicate by two researchers two researchers independently. Discrepancies were resolved by consensus with a third independent reviewer.

**Subgroup analysis** NA.

**Sensitivity analysis** NA.

**Language restriction** English.

**Country(ies) involved** College of Physical Education, Hunan Normal University, China.

**Keywords** football, footballer, short pass technique, influence factor.

#### **Contributions of each author**

Author 1 - Bihan Wang.

Author 2 - Bin Wan.

Author 3 - Shu Chen.

Author 4 - Changfa Tang.

Author 5 - Bo Long.

Author 6 - Wensheng Xiao.