

## A Systematic Review of Factors Affecting Soccer Players' Short-Passing Ability—Based on the Loughborough Soccer Passing Test

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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 25 September 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** Any experimental designs (e.g., randomized controlled trial, randomized cross-over design, quasi-experimental design)

**Eligibility criteria** As the inclusion criteria, we used the PICOS (population, intervention, comparison, outcome, and study designs) standards, which are shown in Table 1. As a result, research that satisfied the following requirements were included: (1) Soccer players made up the study population; (2) at least one of the study's goals was to determine how interventions or other factors affected the short-passing abilities of soccer players; (3) the short pass abilities were clearly quantified, and the LSPT evaluation method was required; and (4) there were no restrictions on the study's sample size, study location, intervention time, or intervention method for inclusion. Studies that matched the following criteria for exclusion were not included: reviews, conference abstracts, case studies, and newsletters were excluded along with studies lacking data support or statistical analysis. Research on the effects of religious practices on the short-passing abilities of football players of that religion was also excluded because it doesn't typically apply to other football players (e.g, studies on the impact of Ramadan on Muslim soccer players).

**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.

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