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ADMINISTRATIVE INFORMATION**Support** - None.**Review Stage at time of this submission** - Preliminary searches.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202490024**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 6 September 2024 and was last updated on 6 September 2024.**INTRODUCTION**

Review question / Objective This manuscript review will follow the PRISMA guidelines and the PICOS approach.

Condition being studied Field-based physical fitness test protocols in elite football/soccer athletes, to assess their performance.

METHODS

Search strategy The documents will be searched in September 2024. The following query will be used: ("fit*" OR "physical performance" OR "sport performance" OR "athletic performance" OR "physical condition" OR "aerobic capacity" OR "maximum oxygen consumption" OR "cardiovascular fitness" OR "VO2 max" OR strength OR flexibility OR motor OR endurance OR speed OR agility OR balance OR "body composition" OR anthropometry OR skinfolds OR "fat mass" OR "lean mass" OR "muscle mass") AND (football* OR soccer*) AND ("field-based" OR

"on-field" OR "in-field" OR "pitch-side" OR "outdoor" OR "game-based" OR "in-situ" OR "practical field" OR field OR pitch) AND (test* OR assessment* OR evaluation* OR measurement* OR analysis*). The documents will be searched through five electronic databases: PubMed, Scopus, Academic Search Complete and SPORTDiscus via EBSCOhost, and Web of Science.

Participant or population Male and female football/soccer elite athletes.

Intervention Not applicable.

Comparator Not applicable.

Study designs to be included Original cross-sectional and longitudinal studies.

Eligibility criteria Studies will be included if they meet the following criteria: (1) participants being elite athletes of football/soccer; (2) physical assessment test protocols used in the field; and (3)

written in English. Studies on “football” or “soccer”.

Information sources The documents will be searched through five electronic databases: PubMed, Scopus, Academic Search Complete, and SPORTDiscus via EBSCOhost, and Web of Science.

Main outcome(s) Physical Fitness-related parameters (e.g. body composition, Vo2máx., sprint, vertical and horizontal jump, change-of-direction, repeated change-of-direction, upper-body strength, and power, etc.).

Quality assessment / Risk of bias analysis The data extraction process will be based on PRISMA guidelines, which will be applied to assess the quality of the assessment. To assess the risk of bias, we will use the RoB2 for randomized investigations based on five domains, while for non-randomized investigations, we will apply the RoBANS-2 based on eight domains.

Strategy of data synthesis For all the included articles in the analyses, we will consider the following information: (1) Component of physical fitness; (2) sample (sex and age); (3) study design; (4) Findings.

Subgroup analysis Not applicable.

Sensitivity analysis Not applicable.

Language restriction Articles only written in English.

Country(ies) involved Portugal.

Other relevant information Not applicable.

Keywords Physical Fitness; Performance; Athletes; Football; Elite.

Dissemination plans Scientific manuscript.

Contributions of each author

Author 1 - Duarte Henriques-Neto - The author contributed to the study idea and design, the study supervision, data analysis and interpretation, and the elaboration of the manuscript—original draft and editing.

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