

INPLASY

How does the leadership style of coaches influence the sports and personal development of female soccer players aged 12-13?

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202510108

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 January 2025 and was last updated on 25 January 2025.

INTRODUCTION

Review question / Objective To investigate the impact of different coaching leadership styles on the sports and personal development of female soccer players aged 12-13 years.

Rationale The leadership style of coaches plays a crucial role in shaping the development of young athletes, both in their sports skills and personal growth. For female soccer players aged 12-13, a critical stage of physical and emotional development, the influence of leadership is even more pronounced. Understanding how different leadership styles impact this group can provide valuable insights for optimizing coaching strategies and promoting positive outcomes.

Condition being studied Leadership styles of coaches and their influence on:
– Sports performance and skill development of female soccer players aged 12-13.

- Psychological aspects, such as self-confidence, motivation and emotional well-being.
- Social and personal development, including teamwork, communication skills, and adaptability.

METHODS

Search strategy Pubmed, Scopus and Web of science.

Keywords:

- "leadership style" AND "coaching" AND "female soccer players"
- "youth soccer" AND "coach-athlete relationship"
- "Sports development" AND "girls aged 12-13".

Participant or population Female soccer players aged 12-13 years involved in organized sports teams, along with their coaches.

Intervention The leadership styles of coaches and their influence on sports performance and personal development.

Comparator Teams coached under different leadership styles.

Athletes without a defined coaching leadership style as a baseline.

Study designs to be included Randomized controlled-trials.

Eligibility criteria Inclusion criteria: (i) Studies focusing on female athletes aged 12-13; (ii) Studies analyzing the impact of coaching leadership styles; (iii) Quantitative, qualitative, or mixed-method studies; (iv) Articles published in peer-reviewed journals; (v) Studies in English, Portuguese, or other relevant languages.

Exclusion criteria: (i) Studies focusing on male athletes or mixed-gender teams; (ii) Studies outside the 12-13 age range; (iii) Opinion pieces or non-empirical studies.

Information sources PubMed, Scopus, Web of Science.

Main outcome(s) Technical and tactical skill development.
Psychological well-being.

Additional outcome(s) Social skills. Emotional, resilience and adaptability.

Quality assessment / Risk of bias analysis The PEDro Scale will be used to assess the methodological quality of included studies. The scale ranges from 1 to 10, where 1 indicates very low quality and 10 indicates excellent methodological quality.

Strategy of data synthesis A narrative synthesis will be conducted to summarize findings across studies. If sufficient data are available, a meta-analysis may be performed to quantify the impact of leadership styles.

Subgroup analysis Type of leadership style; experience level; socioeconomic status; geographic location.

Sensitivity analysis Sensitivity analysis will be conducted to assess the impact of different leadership styles on athlete development. Statistical analysis will be done to verify if the results are consistent across different scenarios, such as variations in athlete samples and leadership styles. The analysis is expected to reveal which factors have the most impact on the results and identify possible study limitations.

Language restriction English.

Country(ies) involved Portugal.

Keywords "leadership style" AND "coaching" AND "female soccer players"; "youth soccer" AND "coach-athlete relationship"; "Sports development" AND "girls."

Contributions of each author

Author 1 - Diogo Miguel Caramelo dos Santos – FMC lead the project, wrote and revised the original manuscript and RRC analyzed and interpreted the data, wrote the statistical and report and revised the original manuscript.

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