

INPLASY PROTOCOL

To cite: Sousa et al. Effects of changing the head coach on soccer team's performance: A systematic review. Inplasy protocol 202260060. doi: 10.37766/inplasy2022.6.0060

Received: 13 June 2022

Published: 13 June 2022

Corresponding author:
Honorato Sousa

honoratosousa@hotmail.com

Author Affiliation:
Universidade de Coimbra,
Faculdade de Ciências do
Desporto.

Support: No.M1420-01-0247-
FEDER-000033.

**Review Stage at time of this
submission:** Preliminary
searches.

Conflicts of interest:
None declared.

Effects of changing the head coach on soccer team's performance: A systematic review

Sousa, H¹; Clemente, FM²; Gouveia, ER³; Field, A⁴; Sarmiento, H⁵.

Review question / Objective: The aim of this systematic review is to analyze the effects of changing the soccer head coach on the overall team's performance, locomotor demands of players, technical/tactical responses of players, and psychological responses of players.

Eligibility criteria: P: Among professional soccer players what is the effect of head-coach replacement; E: Exposure to the change of the head-coach; C: Last weeks of the fired head-coach compared with the first weeks of the new head-coach; O: locomotor performance, sports results, mental health metrics. Inclusion criteria will be: (1) articles written in English; (2) carried out in professional football teams. Studies will be excluded if: (1) written in another language other than the one selected; (2) in the case of theses, books and non-scientific articles.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 June 2022 and was last updated on 13 June 2022 (registration number INPLASY202260060).

INTRODUCTION

Review question / Objective: The aim of this systematic review is to analyze the effects of changing the soccer head coach on the overall team's performance, locomotor demands of players, technical/

tactical responses of players, and psychological responses of players.

Rationale: Soccer is a sport with enormous global popularity, mobilizing large masses and with great economic impact, which tends to create an increase in pressure about professional clubs, which seek to

optimize performance and obtain better results. In the presence of failure, the common tendency is to replace the coach. This substitution usually appears when a team presents results negative during a consecutive period of games, not meeting expectations generated by the direction of the clubs, trying to break the negative current in the short term. Available research analyzing the effect of changing head coaches has focused on mainly in the effects on sports results, namely victories, defeats, ties, goals scored/conceded and position variation in the league table. As far as we know, there are few studies that analyze the effects of changing head coach on the locomotor/mechanical and technical/tactical responses of the players, or at the psychological component. The systematization of the original works may provide an overview and identify if changing head-coaches really impact player's and team's performance. This knowledge may provide additional information on better adaptation to the process of turnover of coaches, in addition to the usefulness in terms of monitoring and management of loads when a new coach arrives. Analyzing this scarcity of literature in this specific area, and still considering the impact of the modality, it is considered pertinent to carry out a review that structure the existing knowledge and that can identify possible gaps, to promote the emergence and the need for complementary studies.

Condition being studied: Soccer teams and players exposed to changes in head-coach.

METHODS

Search strategy: The search will be carried out in the following databases: PubMed, Scopus, Web of Science, SPORTDiscus and PsycINFO, using the following equation search: ("football*" OR soccer) AND ("coach*" OR "manager*") AND ("replacement" OR "turnover" OR "substitute*" OR "change").("football*" OR soccer) AND ("coach*" OR "manager*") AND ("replacement" OR "turnover" OR "substitute*" OR "change").

Participant or population: Soccer teams and professional soccer players.

Intervention: Soccer players and teams exposed to changes in the head-coach.

Comparator: The weeks before and after changing the head coach.

Study designs to be included: No limitation to study design.

Eligibility criteria: P: Among professional soccer players what is the effect of head-coach replacement; E: Exposure to the change of the head-coach; C: Last weeks of the fired head-coach compared with the first weeks of the new head-coach; O: locomotor performance, sports results, mental health metrics. Inclusion criteria will be: (1) articles written in English; (2) carried out in professional football teams. Studies will be excluded if: (1) written in another language other than the one selected; (2) in the case of theses, books and non-scientific articles.

Information sources: The search will be carried out in the following databases: PubMed, Scopus, Web of Science, SPORTDiscus and PsycINFO.

Main outcome(s): Sports results from the teams (goal scored/conceded, position on the league table, points won), Locomotor metrics (total distance covered; accelerations/decelerations; maximum and average speed and the estimate metabolic power) and mental health (wellness; well-being).

Additional outcome(s): No.

Data management: Data management will be carried out using the Endnote software.

Quality assessment / Risk of bias analysis: For quality assessment, it will be use the MINORS rating scale.

Strategy of data synthesis: The research, selection and data extraction phase will be carried out independently by two investigators.

Subgroup analysis: Not applicable.

Sensitivity analysis: Not applicable.

Language: Only articles written in English.

Country(ies) involved: Portugal.

Other relevant information: Not applicable.

Keywords: Soccer; Coach; Replacement; Performance.

Contributions of each author:

Author 1 - Honorato Sousa.

Email: honoratosousa@hotmail.com

Author 2 - Filipe Manuel Clemente.

Email: filipe.clemente5@gmail.com

Author 3 - Élvio Rúbio Gouveia.

Email: erubiog@staff.uma.pt

Author 4 - Adam Field.

Email: adam.field@hud.ac.uk

Author 5 - Hugo Sarmento.

Email: hg.sarmiento@gmail.com