

EFFECT OF INCIDENTAL TEACHING STRATEGIES ON THE WORKLOAD IN SOCCER. A SYSTEMATIC REVIEW

ABSTRACT

The analysis made by the existing literature about the effects produced by the use of incidental teaching strategies in athletes has been carried out fundamentally under a one-dimensional prism, generally through performance indexes (cognitive or motor), in terms of efficiency of the decisions of the players or of the precision in the throws. But there are few studies that have studied the impact of this type of strategies under a multidimensional prism, also analyzing its effect on variables of physiological type, such as heart rate, eye movement or maximum volume of oxygen, or subjective variables, such as the level of anxiety, the perceived performance or the subjective perception of the effort. For all these reasons, the aim of this study is to analyze, under a multidimensional prism, the effect of incidental teaching strategies on the workload during the learning of soccer skills, in order to know in which aspects they benefit or harm learning. and the performance of the players. A systematic review of the studies published to date was carried out. We consulted the Web of Science databases, Scopus, SportDiscus with Full Text and PsycInfo, and specialized journals on the subject, as well as carrying out an upward revision of the selected literature. Finally, 15 studies were selected. Based on the results obtained in the selected studies, in general terms we can say that players benefit from a reduction in the amount of information they intentionally process to solve the problem posed by the task in soccer-related skills. being therefore favorable the use of incidental strategies for such performance. However, and because the techniques used to evaluate the effect of this strategy have been mainly one-dimensional, it is advisable to use different tools that consider not only aspects related to performance, but also physiological and psychological measures, with a view to to obtain a holistic view of the effect that this type of strategy produces on players.

KEY WORDS

learning strategie, implicit, workload, soccer, review

