

Literaturverzeichnis LSP 3 / 2026

Athletenvertretung in den Spitzenverbänden

Autoren: Silke Kassner und Fritz Dopfer

Seite: 10–14

https://cdn.dosb.de/Relaunch_2024/Athletenservice/Ressourcen/Ergebnisbericht_AV_in_SV_2025.pdf

Advertorial: Sehnen und Bänder: Die unterschätzte Säule der Verletzungsprävention

Autor: AM Sport

Seite: 15

Bischof K et al. Sports Med 2024; doi:10.1007/s40279-024-02079-0. Jerger S et al. Scand J Med Sci Sports 2022;32:1131-1141. Mancino F et al. Bone Jt Open 2024;5(2):94-100. Mersmann F et al. Front Physiol 2017;8:987. Praet SFE et al. Nutrients 2019;11(1):76. Shaw G et al. Am J Clin Nutr 2017;105(1):136-143. Thorborg K et al. Br J Sports Med 2017;51(7):562-571.

Zwischen Schule und Sport - Zeitaufwände und Motivationsunterschiede von Nachwuchsleistungssportlerinnen und -sportlern

Autoren: Melina Walter und Dr. phil. Maike Niehues

Seite: 18–23

Aunola, K., Selänne, A., Selänne, H., & Ryba, T. V. (2018). The role of adolescent athletes' task value patterns in their educational and athletic career aspirations. *Learning and Individual Differences*, 63, 34–43. <https://doi.org/10.1016/j.lindif.2018.03.004>

Baron-Thiene, A. (2014). *Das Dropout-Phänomen. Eine Untersuchung an Eliteschulen des Sports in Sachsen*. Universität Leipzig, Leipzig.

Brunstein, J. C., & Heckhausen, H. (2018). Leistungsmotivation. In J. Heckhausen & H. Heckhausen (Hrsg.), *Motivation und Handeln* (S. 164–222). Springer Berlin Heidelberg.

Brustio, P. R., Rainoldi, A., Mosso, C. O., Subijana, C. L. de, & Lupo, C. (2020). Actual and wished supports to promote a successful dual career according to Italian student-athletes' point of view. *Sport Sciences for Health*, 16(4), 625–634. <https://doi.org/10.1007/s11332-020-00635-5>

Cartigny, E., Fletcher, D., Coupland, C., & Taylor, G. (2021). Mind the Gap: A Grounded Theory of Dual Career Pathways in Sport. *Journal of Applied Sport Psychology*, 33(3), 280–301. <https://doi.org/10.1080/10413200.2019.1654559>

Condello, G., Capranica, L., Doupona, M., Varga, K., & Burk, V. (2019). Dual-career through the elite university student-athletes' lenses: The international FISU-EAS survey. *PloS one*, 14(10), e0223278. <https://doi.org/10.1371/journal.pone.0223278>

Eccles, J. S., & Wigfield, A. (2002). Motivational beliefs, values, and goals. *Annual review of psychology*, 53, 109–132. <https://doi.org/10.1146/annurev.psych.53.100901.135153>

Gaston-Gayles, J. L. (2005). The Factor Structure and Reliability of the Student Athletes' Motivation toward Sports and Academics Questionnaire (SAMSAQ). *Journal of College Student Development*, 46(3), 317–327. <https://doi.org/10.1353/csd.2005.0025>

- Hanrahan, S. J., & Cerin, E. (2009). Gender, level of participation, and type of sport: differences in achievement goal orientation and attributional style. *Journal of science and medicine in sport*, 12(4), 508–512. <https://doi.org/10.1016/j.jsams.2008.01.005>
- Hirschmann, F. (2016). *Chronischer Stress im Nachwuchsleistungssport. Eine empirische Studie an bayerischen Eliteschulen des Sports (EdS)*. Universität Passau, Passau.
- Hoffmann, K., Sallen, J., Albert, K., & Richartz, A. (2010). Zeitaufwendungen von Spitzensportlern in Leistungssport- und Bildungs-/Berufskarriere: Eine empirische Studie zum Zusammenhang mit chronischem Belastungserleben. *Leipziger Sportwissenschaftliche Beiträge*, 51(2), 76–94.
- Hoffmann, K., Sallen, J., Albert, K., & Richartz, A. (2011). Leistet die "Schulzeitstreckung" einen Beitrag zur Reduzierung von chronischem Stress? Eine Studie am Sportgymnasium Leipzig. In B. Gröben, V. Kastrup & A. Müller (Hrsg.), *Schriften der Deutschen Vereinigung für Sportwissenschaft*. 211. *Sportpädagogik als Erfahrungswissenschaft. Jahrestagung der dvs-Sektion Sportpädagogik vom 03.-05. Juni 2010 in Bielefeld*. (S. 273–277). Feldhaus, Edition Czwilina.
- Hollembeak, J., & Amorose, A. J. (2005). Perceived Coaching Behaviors and College Athletes' Intrinsic Motivation: A Test of Self-Determination Theory. *Journal of Applied Sport Psychology*, 17(1), 20–36. <https://doi.org/10.1080/10413200590907540>
- Lupo, C., Guidotti, F., Goncalves, C. E., Moreira, L., Doupona Topic, M., Bellardini, H., Tonkonogi, M., Colin, A., & Capranica, L. (2015). Motivation towards dual career of European student-athletes. *European journal of sport science*, 15(2), 151–160. <https://doi.org/10.1080/17461391.2014.940557>
- Lupo, C., Tessitore, A., Capranica, L., Rauter, S., & Doupona Topic, M. (2012). Motivation for a dual-career: Italian and Slovenian student-athletes. *Kinesiology Slovenica*, 18(3), 47–56.
- Niehues, M., Sallen, J., & Gerlach, E. (2024). Student-Athletes' Academic and Athletic Motivation Scale (SAAMS) for adolescents in secondary school: development, evaluation, and psychometric properties. *German Journal of Exercise and Sport Research*, 54(3), 408–417. <https://doi.org/10.1007/s12662-023-00921-7>
- Rheinberg, F., & Vollmeyer, R. (2019). *Motivation* (9. erweiterte und überarbeitete Auflage). W. Kohlhammer.
- Richartz, A., & Brettschneider, W.-D. (1996). *Weltmeister werden und die Schule schaffen. Zur Doppelbelastung von Schule und Leistungstraining*. Hofmann.
- Sallen, J. (2018). Das „Additive Abitur“ auf dem Prüfstand. Perspektiven von leistungssportlich aktiven Jugendlichen auf einen Schulversuch zur Förderung dualer Karrieren. *Sportunterricht*, 67(10), 451–456.
- Schiefele, U., & Schaffner, E. (2020). Motivation. In *Pädagogische Psychologie* (S. 163–185). Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-662-61403-7_7

Selbstgespräche zwischen Wettkampfstarts

Bedeutung für Motivation, Zufriedenheit und Wettkampfangst bei jugendlichen Schwimmern

Autoren: Lina-Sophie Jonkmans und Dr. Robert R. Becker

Seite: 24–31

Brand, R., Graf, K. & Ehrlenspiel, F. (2009). Das Wettkampfangst-Inventar-Trait. In R. Brand, F. Ehrlenspiel & K. Graf (Hrsg.), *Das Wettkampfangst-Inventar. Manual* (S. 15–69). Bonn: BISp.

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Lawrence Erlbaum Associates.

Conroy, D. E., & Metzler, J. N. (2004). Patterns of self-talk associated with different forms of competitive anxiety. *Journal of Sport and Exercise Psychology*, 26(1), 69–89.

Georgakaki, S. K., & Karakasidou, E. (2017). The effects of motivational self-talk on competitive anxiety and self-compassion: A brief training program among competitive swimmers. *Psychology*, 8(5), 677–699.

Hardy, J. (2006). Speaking clearly: A critical review of the self-talk literature. *Psychology of Sport and Exercise*, 7(1), 81–97.

Hardy, J., & Oliver, E. (2014). Self-talk, positive thinking, and thought stopping. In R. Eklund, & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 659–662). SAGE Publications.

Hardy, J., Roberts, R., & Hardy, L. (2009). Awareness and motivation to change negative self-talk. *The Sport Psychologist*, 23(4), 435–450.

Hatzigeorgiadis, A., & Biddle, S. J. (2000). Assessing cognitive interference in sport: Development of the thought occurrence questionnaire for sport. *Anxiety, Stress and Coping*, 13(1), 65–86.

Hatzigeorgiadis, A., Theodorakis, Y., & Zourbanos, N. (2004). Self-talk in the swimming pool: The effects of self-talk on thought content and performance on water-polo tasks. *Journal of Applied Sport Psychology*, 16(2), 138–150.

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and sports performance: A meta-analysis. *Perspectives on Psychological Science*, 6(4), 348–356.

Hatzigeorgiadis, A., Zourbanos, N., Mpoupaki, S., & Theodorakis, Y. (2009). Mechanisms underlying the self-talk–performance relationship: The effects of motivational self-talk on self-confidence and anxiety. *Psychology of Sport and Exercise*, 10(1), 186–192.

Hatzigeorgiadis, A., Zourbanos, N., & Theodorakis, Y. (2007). The moderating effects of self-talk content on self-talk functions. *Journal of Applied Sport Psychology*, 19(2), 240–251.

Highlen, P. S., & Bennett, B. B. (1983). Elite divers and wrestlers: A comparison between open-and closed-skill athletes. *Journal of Sport and Exercise Psychology*, 5(4), 390–409.

Kleinert, J., & Engelhard, K. (2002). *EZ-K: Konstruktvalidität einer 16-Item-Kurzform der EZ-Skala nach Nitsch*. Unveröffentlichtes Vortragsskript. Köln: Psychologisches Institut, Deutsche Sporthochschule Köln.

Kleinert, J., Ohlert, J., & Seiler, R. (2017). Psychologisches Training. In *Handbuch Trainingswissenschaft – Trainingslehre* (S. 431–438). Beiträge zur Lehre und Forschung im Sport.

Knoll, N., Rieckmann, N., & Schwarzer, R. (2005). Coping as a mediator between personality and stress outcomes: A longitudinal study with cataract surgery patients. *European Journal of Personality*, 19(3), 229–247.

Latinjak, A. T., Hatzigeorgiadis, A., Comoutos, N., & Hardy, J. (2017). Speaking clearly... 10 years on: The case for an integrative perspective of self-talk in sport. *Sport, Exercise, and Performance Psychology*, 6(4), 348–361.

Pels, F., Schäfer-Pels, A., & von Haaren-Mack, B. (2023). Measuring students' coping with the Brief COPE: An investigation testing different factor structures across two contexts of university education. *Tuning Journal for Higher Education*, 10(2), 31–68.

Post, P. G., Wrisberg, C. A., & Mullins, S. (2010). A field test of the influence of pre-game imagery on basketball free throw shooting. *Journal of Imagery Research in Sport and Physical Activity*, 5(1), Article 2.

Schneider, S., Askew, C. D., Brümmer, V., Kleinert, J., Guardiera, S., Abel, T., et al. (2008). The effect of parabolic flight on perceived physical, motivational and psychological state in men and women: Correlation with neuroendocrine stress parameters and electrocortical activity. *Stress*, 11(5), 336–349.

Seif-Barghi, T., Kordi, R., Memari, A., Mansournia, M., & Jalali-Ghomi, M. (2012). The effect of an ecological imagery program on soccer performance of elite players. *Asian Journal of Sports Medicine*, 3(2), 81–89.

Tod, D., Hardy, J., & Oliver, E. (2011). Effects of self-talk: A systematic review. *Journal of Sport and Exercise Psychology*, 33(5), 666–687.

Van Raalte, J. L., Cornelius, A. E., Brewer, B. W., & Hatten, S. J. (2000). The antecedents and consequences of self-talk in competitive tennis. *Journal of Sport and Exercise Psychology*, 22(4), 345–356.

Van Raalte, J. L., Vincent, A., & Brewer, B. W. (2016). Self-talk interventions for athletes: A theoretically grounded approach. *Journal of Sport Psychology in Action*, 7(2), 141–151.

Vissek, A. J., Harris, B. S., & Blom, L. C. (2013). Mental training with youth sport teams: Developmental considerations and best-practice recommendations. *Journal of Sport Psychology in Action*, 4(1), 45–55.

Weber, F. (2023). *Die kleine Wettkampfabotheke – Umgang mit Nervosität und Wettkampfangst*. <https://www.sportpsychologiekiel.de/wettkampfabotheke-teil01/>
Weinberg, R. S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.

Wilke, K., & Madsen, Ø. (1983). Das Training des jugendlichen Schwimmers. Die für Wettkampfschwimmen wesentlichen Fähigkeiten und ihre Bedeutung für die Trainingssteuerung. In *Beiträge zur Trainingslehre* (S. 45–51). Verlag.

Der SCoRE-Court als didaktische Trainingsumwelt im Nachwuchsfußball

Autoren: Dr. Jonathan Rudingsdorfer und Prof. Dr. Heinz Reinders

Seite: 32–39

Aguiar, M., Gonçalves, B., Botelho, G., Lemmink, K., & Sampaio, J. (2015). Footballers' movement behaviour during 2-, 3-, 4- and 5-a-side small-sided games. *Journal of Sports Sciences*, 33(12), 1259–1266.

Almeida, C. H., Ferreira, A. P., & Volossovitch, A. (2013). Offensive sequences in youth soccer: Effects of experience and pitch size. *Human Movement Science*, 32(4), 967–979.

Araújo, D., Fonseca, C., Davids, K., Garganta, J., Volossovitch, A., et al. (2010). The role of ecological constraints on expertise development. *Talent Development & Excellence*, 2(2), 165–179.

Bös, K. (2003). *Motorische Leistungsfähigkeit von Kindern und Jugendlichen*. Schorndorf: Hofmann.

Bunker, D., & Thorpe, R. (1982). A model for the teaching of games in secondary schools. *Bulletin of Physical Education*, 18(1), 5–8.

Chow, J. Y., Davids, K., Button, C., & Renshaw, I. (2007). The role of nonlinear pedagogy in physical education. *Review of Educational Research*, 77(3), 251–278.

Chua, L. K., Wulf, G., Lewthwaite, R., & Ong, N. T. (2021). Superiority of external attentional focus for motor performance and learning: A systematic review and meta-analysis. *Psychological Bulletin*, 147, 618–645.

Clemente, F. M., Martins, F. M. L., & Mendes, R. S. (2021). Effect of playing area on physiological, physical, and technical demands in small-sided soccer games: A systematic review. *Sports Medicine*, 51(5), 967–990.

Conzelmann, A. (2009). Plastizität der Motorik im Lebenslauf. In J. Baur et al. (Hrsg.), *Handbuch motorische Entwicklung* (S. 69–86). Schorndorf: Hofmann.

Coutinho, D., Gonçalves, B., Travassos, B., Abade, E., Sampaio, J., & Clemente, F. M. (2018). Different small-sided game formats alter the physical and tactical behavior of young players. *Motor Control*, 22(4), 693–705.

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. New York: Harper & Row.

Davids, K., Araújo, D., Vilar, L., Renshaw, I., & Pinder, R. (2013). An ecological dynamics approach to skill acquisition: Implications for development of talent in sport. *Talent Development & Excellence*, 5(1), 21–34.

Dellal, A., Chamari, K., Owen, A. L., Wong, D. P., Lago-Peñas, C., & Hill-Haas, S. (2011). Influence of technical instructions on the physiological and physical demands of small-sided soccer games. *European Journal of Sport Science*, 11(5), 341–346.

Esteves, P. T., Oliveira, R. F., & Araújo, D. (2016). Posture-related affordances guide attacks in basketball. *Psychology of Sport and Exercise*, 25, 44–53.

Evans, P., Vansteenkiste, M., Parker, P., et al. (2024). Cognitive load theory and its relationships with motivation. *Educational Psychology Review*, 36, 7.

Fenner, J. S., Iga, J., & Unnithan, V. (2016). The evaluation of small-sided games as a talent identification tool in highly trained prepubertal soccer players. *Journal of Sports Sciences*, 34(20), 1983–1990.

Grehaigine, J.-F., Godbout, P., & Bouthier, D. (2001). The teaching and learning of decision making in team sports. *Quest*, 53(1), 59–76.

Harvey, S., & Jarrett, K. (2014). A review of the game-centred approaches to teaching and coaching literature since 2006. *Physical Education and Sport Pedagogy*, 19(3), 278–300.

Hill-Haas, S. V., Dawson, B., Impellizzeri, F. M., & Coutts, A. J. (2011). Physiology of small-sided games training in football. *Sports Medicine*, 41(3), 199–220.

Mayer, R. E. (2009/2021). *Multimedia Learning* (2./3. Aufl.). Cambridge: Cambridge University Press. (Kap. „Segmenting Principle“).

Memmert, D., & Harvey, S. (2008). The Game Performance Assessment Instrument (GPAI): Some concerns and solutions for further development. *Journal of Teaching in Physical Education*, 27(2), 220–240.

Memmert, D., & Roth, K. (2007). The effects of non-specific and specific training on tactical creativity in soccer. *Journal of Sports Sciences*, 25(12), 1423–1432.

Miller, A., Harvey, S., & Ovens, A. (2016). Modelling games for understanding pedagogy: The role of representation and exaggeration. *European Physical Education Review*, 22(1), 65–81.

Newell, K. M. (1986). Constraints on the development of coordination. In M. G. Wade & H. T. A. Whiting (Eds.), *Motor development in children: Aspects of coordination and control* (pp. 341–360). Dordrecht: Martinus Nijhoff.

Owen, A. L., Wong, D. P., Paul, D., & Dellal, A. (2014). Physical and technical comparisons between various-sided games within professional soccer. *International Journal of Sports Medicine*, 35(4), 286–292.

Pinder, R., Davids, K., Renshaw, I., & Araújo, D. (2011). Representative learning design and functionality of research and practice in sport. *Journal of Sport and Exercise Psychology*, 33(1), 146–155.

Praça, G. M., Custódio, I. J., Greco, P. J., & de Souza, C. R. B. (2016). Influence of additional field markings on offensive patterns during small-sided soccer games. *Human Movement*, 17(2), 105–113.

Raab, M. (2015). SMART-ER behavior in sports: The role of cognitive heuristics in decision making. *Frontiers in Psychology*, 6, 1–5.

Raab, M., & Johnson, J. G. (2007). Expertise-based differences in search and option-generation strategies. *Journal of Experimental Psychology: Applied*, 13(3), 158–170.

Ramos, A., Davids, K., Araújo, D., et al. (2020). The constraint-led approach to enhancing team synergies in sport. *Sports Medicine – Open*, 6, 36.

Reinders, H., & Hoos, O. (2022). Bedingungen für typische Verletzungen im Leistungsfußball der Juniorinnen. *Leistungssport*, 55(1), 1–10.

Reinders, H., Hoos, O., & Varlemann, S. (2018). Mono- vs. koedukative Leistungsförderung im Juniorinnenfußball. *Leistungssport*, 48(4), 5–10.

Renshaw, I., Chow, J. Y., Davids, K., & Hammond, J. (2022). An ecological dynamics approach to motor learning in sport and physical education. *Current Opinion in Psychology*, 44, 58–64.

Roca, A., & Williams, A. M. (2016). Expertise and decision making in sport: From perceptual-cognitive skill to expert performance. *Frontiers in Psychology*, 7, 2040.

Rudingsdorfer, J. (2023). *Zur Leistungsrelevanz des situativen Flow-Erlebens bei Nachwuchsfußballerinnen*. Würzburg: Universität Würzburg.

Sarmento, H., Clemente, F. M., Harper, L., Costa, I. T., Owen, A., & Figueiredo, A. J. (2018). Small-sided games in soccer: A systematic review. *Sports Medicine*, 48(3), 611–634.

Schmidt, R. A., & Lee, T. D. (2019). *Motor learning and performance: From principles to application* (6th ed.). Champaign, IL: Human Kinetics.

Sheppard, J. M., & Young, W. B. (2006). Agility literature review: Classifications, training and testing. *Journal of Sports Sciences*, 24(9), 919–932.

Sweller, J., van Merriënboer, J. J. G., & Paas, F. (2019). Cognitive architecture and instructional design: 20 years later. *Educational Psychology Review*, 31, 261–292.

Travassos, B., Araújo, D., Davids, K., Esteves, P. T., & Vilar, L. (2012). Informational constraints shape emergent functional behaviours during performance of interceptive actions in team sports. *Psychology of Sport and Exercise*, 13(2), 216–223.

Travassos, B., Gonçalves, B., Marques, P., Pedroso, P., & Sampaio, J. (2014). How relative area per player shapes tactical behaviour in soccer small-sided games. *Human Movement Science*, 33, 30–45.

Unnithan, V., White, J., Georgiou, A., Iga, J., & Drust, B. (2012). Talent identification in youth soccer. *Journal of Sports Sciences*, 30(15), 1719–1726.

Vilar, L., Araújo, D., Davids, K., & Travassos, B. (2014). Constraints on competitive performance of attacker–defender dyads in team sports. *Journal of Sports Sciences*, 32(9), 873–882.

Williams, A. M., & Ford, P. R. (2008). Expertise and expert performance in sport. *International Review of Sport and Exercise Psychology*, 1(1), 4–18.

Young, W., & Willey, B. (2010). Analysis of a reactive agility field test. *Journal of Science and Medicine in Sport*, 13(3), 376–378.

Verletzungen und Rehabilitation im Floorball

Autor: Thune Höller

Seite: 40–43

Al Attar, W. S., Soomro, N., Sinclair, P. J., Pappas, E., & Sanders, R. H. (2017). Effect of Injury Prevention Programs that Include the Nordic Hamstring Exercise on Hamstring Injury Rates in Soccer Players: A Systematic Review and Meta-Analysis. *Sports Med.*, S. 907–916.

Bant, H., Haas, H.-J., Oprey, M., & Steverding, M. (2018). *Sportphysiotherapie*. Stuttgart: Georg Thieme Verlag KG.

- Chen, J., Wu, T., & Guo, Y. (2023). Nordic hamstring exercises in functional knee rehabilitation after anterior cruciate ligament reconstruction: a prospective, randomised, controlled study. *Sci Rep*.
- Engel, J., Kälin, M., & Rogan, S. (2019). Verletzungen im Unihockey – Eine Fragebogenerhebung bei Schweizer-Nationalliga-A-Unihockey-Spielern. *Sportverl Sportschad*, S. 36–42.
- Gänsslen, A., & Schmehl, I. (2015). *Leichtes Schädel-Hirn-Trauma im Sport*. Hellenthal: Sportverlag Strauß.
- International Floorball Federation. (2026). *archive.floorball.sport*. Von <https://archive.floorball.sport/anti-doping-and-medical/medical-guidelines/> abgerufen
- Kasiga, T., & Bro, T. (2024). Padel an increasing cause of sport-related eye injuries in Sweden. *Acta Ophthalmologica*, S. 74–79.
- Kneubühler, S. (15. März 2023). *SwissUnihockey.ch*. Von https://www.swissunihockey.ch/files/6517/0004/0548/Verletzungserfassung_22_23.pdf abgerufen
- Liukkonen, R., Vaajala, M., Tarkiainen, J., & Kuitunen, I. (2024). The incidence of floorball injuries—A systematic review and meta-analysis. *Physical Therapy in Sport*.
- Maxen, M., Kühn, S., Krastl, G., & Filippi, A. (2011). Eye injuries and orofacial traumas in floorball a survey in Switzerland and Sweden. *Dental Traumatology*, S. 95–101.
- Moser, N., & Bloch, H. (Januar 2026). *VBG Sport Return to Competition*. Von <https://www.vbg.de/cms/sport/return-to-competition/rtc-kreuzband> abgerufen
- Norges Bandyforbund. (8. März 2023). *Bandyforbundet.no*. Von <https://bandyforbundet.no/innebandy/wp-content/uploads/sites/3/2023/03/Styrketreningsguide.pdf> abgerufen
- Pasanen, K., Bruun, M., Vasankari, T., Nurminen, M., & Frey, W. (2017). Injuries during the international floorball tournaments from 2012 to 2015. *BMJ Open Sport Exerc Med*, S. 1–8.
- Pasanen, K; Hietamo, J; Vasankari, T; Kannus, P; Heinonen, A; Kujala, U M; Mattila, V M; Parkkari, J. (2017). Acute injuries in Finnish junior floorball league players. *Journal of Science and Medicine in Sport*, S. 1–6.
- Radtke, S., Trepp, G., Müller, M., Exadaktylos, A. K., & Klukowska-Rötzler, J. (2021). Floorball Injuries Presenting to a Swiss Adult Emergency Department: A Retrospective Study (2013–2019). *Int. J. Environ. Res. Public Health*.
- Svensk Innebandy. (7. September 2022). Von <https://innebandy.se/media/5cwegibs/fysiologiska-riktlinjer-202223.pdf> abgerufen
- Svensk Innebandy. (28. November 2024). Von <https://www.innebandy.se/media/243banam/sibf-kna-kontroll-a4-dec-2024-eng-sg.pdf> abgerufen
- swiss unihockey. (2021). *Trainerbildung: Prävention Fussgelenksverletzung*. Von <https://swiss-unihockey-lernmodul.lernetz.site/module/fussgelenksverletzung> abgerufen
- swiss unihockey. (2023). *Hirnerschütterung Erstversorgung*. Von <https://unihockeyplaner-knowledge.lernetz.site/hirnerschuetterung/erstversorgung> abgerufen
- swiss unihockey. (2023). *Hirnerschütterung Return to Play-Protokoll*. Von <https://unihockeyplaner-knowledge.lernetz.site/hirnerschuetterung/return-to-play> abgerufen

- Tholvsen, M., Ejderik-Lindblad, B., Makdoui, K., & Crafoord, S. (2017). Innebandy är en vanlig orsak till sportrelaterade ögonskador. *Läkartidningen*.
- Tranaeus, U., Heintz, E., Johnson, U., Forssblad, M., & Werner, S. (2016). Injuries in Swedish floorball: a cost analysis. *Scand J Med Sci Sports*.
- van Duijn, A., & Overberg, J.-A. (2021). *Rehabilitation von Sportverletzungen*. Stuttgart, New York: Georg Thieme Verlag.
- VBG. (2016). Algorithmus zur praxisgerechten Diagnostik und Therapie bei Schädel-Hirn-Traumen im Sport. Hamburg.

Frühzeitige Talententwicklung ohne Leistungsdruck: Das Konzept des Dresdner Sportclubs 1898 e.V.

Autoren: Constantin Heinze und Skadi Hofmann

Seite: 16–17

- (1) World Health Organization. (2023). *Health Behaviour in School-aged Children (HBSC) study: Highlights from Germany*. WHO Regional Office for Europe. https://www.who.int/europe/initiatives/health-behaviour-in-school-aged-children-%28hbsc%29-study/highlights?utm_source=chatgpt.com
- (2) Deutsche Sportjugend. (2024, Oktober 31). *Rekordzahlen im deutschen Sport – Kinder und Jugendliche im Fokus*. <https://www.dsj.de/news/rekordzahlen-im-deutschen-sport-kinder-und-jugendliche-im-fokus>

Effizienz von Talentfördersystemen im Handball – Der Deutsche Handballbund im internationalen Vergleich

Autoren: Oliver Rühl, Jörg Schorer, Jochen Beppler, Patrick Luig, Hartmut Sandner, Holger Jentsch und Dirk Büsch

Seite: 20–26

- Agudo-Ortega, A., Gonzalez-Rave, J. M., & Salinero, J. J. (2023). Early Success is not a Prerequisite for Success at the Adult Age in Spanish Sprinters. *Journal of Human Kinetics*, 89(1), 139-148. <https://doi.org/10.5114/jhk/168284>
- Baker, J., Wattie, N., & Schorer, J. (2019). A proposed conceptualization of talent in sport: The first step in a long and winding road. *Psychology of Sport and Exercise*, 43, 27-33. <https://doi.org/10.1016/j.psychsport.2018.12.016>
- Barth, M., Güllich, A., Macnamara, B. N., & Hambrick, D. Z. (2022). Predictors of Junior Versus Senior Elite Performance are Opposite: A Systematic Review and Meta-Analysis of Participation Patterns. *Sports Medicine*, 52(6), 1399-1416. <https://doi.org/10.1007/s40279-021-01625-4>
- Barth, M., Güllich, A., Macnamara, B. N., & Hambrick, D. Z. (2024). Quantifying the Extent to Which Junior Performance Predicts Senior Performance in Olympic Sports: A Systematic Review and Meta-analysis. *Sports Medicine*, 54(1), 95-104. <https://doi.org/10.1007/s40279-023-01906-0>
- Bjorndal, C. T., & Ronglan, L. T. (2021). Engaging with uncertainty in athlete development - orchestrating talent development through incremental leadership. *Sport Education and Society*, 26(1), 104-116. <https://doi.org/10.1080/13573322.2019.1695198>

- Boccia, G., Cardinale, M., & Brustio, P. R. (2021). Performance progression of elite jumpers: Early performances do not predict later success. *Scand J Med Sci Sports*, 31(1), 132-139. <https://doi.org/10.1111/sms.13819>
- Borggreffe, C., Thiel, A., & Cachay, K. (2006). *Sozialkompetenz von Trainerinnen und Trainern im Spitzensport* (1. Aufl. ed.). Sportverl. Strauß. http://www.bisp.de/nn_35594/SharedDocs/Downloads/Publikationen/Rote__Reihe__komplett_er__download/2006__05,templateld=raw,property=publicationFile.pdf/2006_05.pdf
- Brustio, P. R., Cardinale, M., Lupo, C., Varalda, M., De Pasquale, P., & Boccia, G. (2021). Being a top swimmer during the early career is not a prerequisite for success: A study on sprinter strokes. *J Sci Med Sport*, 24(12), 1272-1277. <https://doi.org/10.1016/j.jsams.2021.05.015>
- Brustio, P. R., McAuley, A. B. T., Ungureanu, A. N., & Kelly, A. L. (2024). Career trajectories, transition rates, and birthdate distributions: the rocky road from youth to senior level in men's European football. *Frontiers in Sports and Active Living*, 6, Article 1420220. <https://doi.org/10.3389/fspor.2024.1420220>
- Cesanelli, L., Ylaite, B., Calleja-González, J., Leite, N., Iovane, A., & Messina, G. (2022). Transition from Youth categories to Elite cycling: relationships between early career performance and UCI World Tour success. *Journal of Sports Medicine and Physical Fitness*, 62(12), 1577-1583. <https://doi.org/10.23736/s0022-4707.21.13244-x>
- De Bosscher, V., & De Rycke, J. (2017). Talent development programmes: a retrospective analysis of the age and support services for talented athletes in 15 nations. *European Sport Management Quarterly*, 17(5), 590-609. <https://doi.org/10.1080/16184742.2017.1324503>
- De Bosscher, V., Descheemaeker, K., & Shibli, S. (2023). Starting and specialisation ages of elite athletes across olympic sports: An international cross-sectional study. *European Journal of Sport Sciences*, 3(5), 9-19.
- Deutscher Handballbund. (2024). *DHB-Rahmentrainingskonzeption*. Retrieved 06.04.2025 from dhrtk.de
- Dugdale, J. H., Sanders, D., Myers, T., Williams, A. M., & Hunter, A. M. (2021). Progression from youth to professional soccer: A longitudinal study of successful and unsuccessful academy graduates. *Scand J Med Sci Sports*, 31 Suppl 1, 73-84. <https://doi.org/10.1111/sms.13701>
- Ericsson, K., Krampe, R., & Tesch-Roemer, C. (1993). The Role of Deliberate Practice in the Acquisition of Expert Performance. *Psychological Review*, 100, 363-406. <https://doi.org/10.1037//0033-295X.100.3.363>
- Gallo, G., Mostaert, M., Faelli, E., Ruggeri, P., Delbarba, S., Codella, R., Vansteenkiste, P., & Filipas, L. (2022). Do Race Results in Youth Competitions Predict Future Success as a Road Cyclist? A Retrospective Study in the Italian Cycling Federation. *Int J Sports Physiol Perform*, 17(4), 621-626. <https://doi.org/10.1123/ijsp.2021-0297>
- Granacher, U., Höhne, J., Puta, C., & Büsch, D. (2020). Frühspezialisierung vs. multisportive Ausbildung: Modelle der körperlichen Leistungsfähigkeit im Nachwuchsleistungssport. *Leistungssport*, 6, 35-41.
- Güllich, A., & Barth, M. (2024). Effects of early talent promotion on junior and senior performance: A systematic review and meta-analysis. *Sports Medicine*, 54(3), 697-710. <https://doi.org/10.1007/s40279-023-01957-3>

- Güllich, A., & Emrich, E. (2014). Considering long-term sustainability in the development of world class success. *European Journal of Sport Science*, 14, S383-S397.
<https://doi.org/10.1080/17461391.2012.706320>
- Güllich, A., Hardy, L., Kuncheva, L., Woodman, T., Laing, S., Barlow, M. J., Evans, L., Rees, T., Abernethy, B., Côté, J., Warr, C., & Wraith, L. (2019). *Developmental biographies of Olympic super-elite and elite athletes: a multidisciplinary pattern recognition analysis* (Vol. 2).
- Hendry, D. T., & Hodges, N. J. (2018). Early majority engagement pathway best defines transitions from youth to adult elite men's soccer in the UK: A three time-point retrospective and prospective study. *Psychology of Sport and Exercise*, 36, 81-89.
<https://doi.org/10.1016/j.psychsport.2018.01.009>
- Hohmann, A. (2005). Konzeptionelle Aspekte der Talententwicklung. In E. Emrich, A. Güllich, & M.-P. Büch (Eds.), *Beiträge zum Nachwuchsleistungssport* (pp. 235-270). Hofmann.
- Huxley, D. J., O'Connor, D., & Larkin, P. (2017). The pathway to the top: Key factors and influences in the development of Australian Olympic and World Championship Track and Field athletes. *International Journal of Sports Science & Coaching*, 12(2), 264-275.
<https://doi.org/10.1177/1747954117694738>
- Karacsony, P., & Krupanszki, K. (2023). Analysis of Factors Influencing the Motivation of Hungarian Junior Handball Players. *Physical Education Theory and Methodology*, 23, 438-446.
<https://doi.org/10.17309/tmfv.2023.3.17>
- Moran, J., Raga, V. C., Jones, B., Tallent, J., Howe, L., Clemente, F. M., Arede, J., & Freeman, P. (2024). The identification and development of young talent in Spanish soccer academies: A 10-year multi-study follow-up [Article]. *International Journal of Sports Science and Coaching*.
<https://doi.org/10.1177/17479541241254767>
- Rodriguez-Gomez, P., Gallo-Salazar, C., & Salinero, J. J. (2024). Prospective and Retrospective Analysis of the Sporting Success of Elite Spanish High and Long Jumpers. *Journal of Human Kinetics*, 90(1), 161-168. <https://doi.org/10.5114/jhk/170762>
- Stambulova, N., Alfermann, D., Statler, T., & Côté, J. (2009). ISSP Position stand: Career development and transitions of athletes. *International Journal of Sport and Exercise Psychology*, 7(4), 395-412.
<https://doi.org/10.1080/1612197X.2009.9671916>

Rituale und Routinen im Sport

Autoren: Bruno Janev, Hanna Backhausen und Prof. Dr. Heiko Ziemainz

Seite: 28-31

- Aktitiz, S., Koşar, Ş.N., Turnagöl, H.H. (2024). Effects of acute and multi-day low-dose sodium bicarbonate intake on high-intensity endurance exercise performance in male recreational cyclists. *European Journal of Applied Physiology*, 124, 2111-2122.
<https://doi.org/10.1007/s00421-024-05434-1>
- Arabaci, R. (2008). Acute effects of pre-event lower limb massage on explosive and high speed motor capacities and flexibility. *Journal of sports science & medicine*, 7(4), 549-555.
- Ayala, F., Moreno-Pérez, V., Vera-Garcia, F. J., Moya, M., Sanz-Rivas, D., & Fernandez-Fernandez, J.

- [2016]. Acute and Time-Course Effects of Traditional and Dynamic Routines in Young Elite Junior Tennis Players. *PLOS ONE*, 11(4), e0152790. <https://doi.org/10.1371/journal.pone.0152790>
- Beelmann, A. (2021). Systematische Reviews und Meta-Analysen. In Niederberger, M., & Finne, E. (Hrsg.), *Forschungsmethoden in der Gesundheitsförderung und Prävention* (S. 687–717). Springer Fachmedien Wiesbaden. <https://doi.org/10.1007/978-3-658-31434->
- BenSalem, S., Salem, A., Boukhris, O., Taheri, M., Ammar, A., Souissi, N., Glenn, J.M, Trabelsi, K., Chtourou, H. (2024). Acute ingestion of acetaminophen improves cognitive and repeated high intensity short-term maximal performance in well-trained female athletes: a randomized placebo-controlled trial. *European Journal of Applied Physiology*, 124(11), 3387–3398. <https://doi.org/10.1007/s00421-024-05534-y>
- Bonk, D., Leprince, C., Tamminen, K. A., & Doron, J. (2019). Collective rituals in team sports: Implications for team resilience and communal coping. *Movement & Sport Sciences - Science & Motricité*, 105, 27–36. <https://doi.org/10.1051/sm/2019007>
- Boujabli, M., Jebabli, N., Sahli, F., Sahli, H., Zghibi, M., van den Tillaar, R. (2024) Combined Effects of Listening to Preferred Music and Video Feedback, during Warm-Up, on Physical Performance in Young Kickboxers. *Sports*, 12(5),131. <https://doi.org/10.3390/sports12050131>
- BV. (2018, Juli 20). *From Serena's socks to rabbits' feet – superstition is all around*. Business Vision. <https://bv.world/corporate-finance/2018/07/from-serenas-socks-to-rabbits/> [Abgerufen am 28.02.2024]
- Cohen, J. (1992). A power primer. *Psychological Bulletin*, 112(1), 155–159. <https://doi.org/10.1037/0033-2909.112.1.155>
- Evans, M., Tierney, P., Gray, N., Hawe, G., Macken, M., & Egan, B. (2018). Acute Ingestion of Caffeinated Chewing Gum Improves Repeated Sprint Performance of Team Sport Athletes With Low Habitual Caffeine Consumption. *International Journal of Sport Nutrition and Exercise Metabolism*, 28(3), 221–227. <https://doi.org/10.1123/ijsnem.2017-0217>
- Filip-Stachnik, A., Krzysztofik, M., Del Coso, J., & Wilk, M. (2021). Acute Effects of High Doses of Caffeine on Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine: A Randomized, Double Blind and Crossover Study. *Journal of Clinical Medicine*, 10(19), 4380. <https://doi.org/10.3390/jcm10194380>
- Filip-Stachnik, A., Krzysztofik, M., Del Coso, J., & Wilk, M. (2022). Acute effects of two caffeine doses on bar velocity during the bench press exercise among women habituated to caffeine: A randomized, crossover, double-blind study involving control and placebo conditions. *European Journal of Nutrition*, 61(2), 947–955. <https://doi.org/10.1007/s00394-021-02708-8>

- Filip-Stachnik, A., Krzysztofik, M., Del Coso, J., Pałka, T., & Sadowska-Krępa, E. (2023). The Effect of Acute Caffeine Intake on Resistance Training Volume, Prooxidant-Antioxidant Balance and Muscle Damage Markers Following a Session of Full-Body Resistance Exercise in Resistance-Trained Men Habituated to Caffeine. *Journal of Sports Science and Medicine*, 436–446. <https://doi.org/10.52082/jssm.2023.436>
- Freitas-Junior, C., Nakamura, F., Costa, Y., Batista, G., Fortes, L. (2025). Effect of Daily Social Media Use on Smartphones Before Training on Attack Efficiency and Repeated Vertical Jump Ability in Young Male Volleyball Players: A Randomized and Crossover Trial. *European Journal of Sport Science*, 25(3), 1746-1391. <https://doi.org/10.1002/ejsc.12258>
- Ghattassi, K., Farjallah, M. A., Graja, A., Romdhani, M., Boudhina, N., Guimard, A., Hammouda, O. (2024). Nocturnal Melatonin Ingestion Improves Soccer Players' Short-Term Maximal Performances on the Following Day. *Research Quarterly for Exercise and Sport*, 95(3), 751–758. <https://doi.org/10.1080/02701367.2024.2303457>
- Gleeson-Kreig, J. M. (2006). Self-monitoring of Physical Activity. *The Diabetes Educator*, 32(1), 69–77. <https://doi.org/10.1177/0145721705284285>
- Gough, L.A., Sparks, S.A. (2024). The Effects of a Novel Sodium Bicarbonate Ingestion System on Repeated 4 km Cycling Time Trial Performance in Well-Trained Male Cyclists. *Sports Med*, 54(12), 3199–3210. <https://doi.org/10.1007/s40279-024-02083-4>
- Hagan Jr., J. E., & Schack, T. (2019). Integrating pre-game rituals and pre-performance routines in a culture specific context: Implications for sport psychology consultancy. *International Journal of Sport and Exercise Psychology*, 17(1), 18–31. <https://doi.org/10.1080/1612197X.2017.1292301>
- Hazell, J., Cotterill, S. T., & Hill, D. M. (2014). An exploration of pre-performance routines, self-efficacy, anxiety and performance in semi-professional soccer. *European Journal of Sport Science*, 14(6), 603–610. <https://doi.org/10.1080/17461391.2014.888484>
- Johny Terry verrät kuriosos Toiletten-Ritual vom FC Chelsea. (o. J.). <https://www.sport1.de/news/internationaler-fussball/premier-league/2016/03/johny-terry-verraet-kurioses-toiletten-ritual-vom-fc-chelsea> (Abgerufen am 28.02.2024)
- Köbberling, J. (2022). *Wirkung ohne Wirksamkeit: Unspezifische therapeutische Wirkungen in der Medizin*. Springer Berlin Heidelberg. <https://doi.org/10.1007/978-3-662-65564-1>
- Kostrna, J., Lebeau, J.-C., Sáenz-Moncaleano, C., & Foster, B. (2023). A Proposed Three-Stage Postperformance-Routine Framework. *The Sport Psychologist*, 37(4), 244–252. <https://doi.org/10.1123/tsp.2023-0001>
- Lei, TH., Qin, Q., Girard, O., Mundel, T., Wang, R., Guo, L., Cao, Y. (2024) Caffeine intake enhances peak oxygen uptake and performance during high-intensity cycling exercise in moderate

hypoxia. *European Journal of Applied Physiology*, 124, 537–549. <https://doi.org/10.1007/s00421-023-05295-0>

Mesagno, C., Beckmann, J., Wergin, V. V., & Gröpel, P. (2019). Primed to perform: Comparing different pre performance routine interventions to improve accuracy in closed, self-paced motor tasks. *Psychology of Sport and Exercise*, 43, 73–81. <https://doi.org/10.1016/j.psychsport.2019.01.001>

Mesagno, C., Hill, D. M., & Larkin, P. (2015). Examining the accuracy and in-game performance effects between pre- and post-performance routines: A mixed methods study. *Psychology of Sport and Exercise*, 19, 85–94. <https://doi.org/10.1016/j.psychsport.2015.03.005>

Miller, S. (2013, August 31). *If It Works, Tennis Players Stick With It, Whatever It Is*. The New York Times. <https://www.nytimes.com/2013/09/01/sports/tennis/if-it-works-tennis-players-stick-with-it-whatever-it-is.html> (Abgerufen am 28.02.2024)

Moritz, S. E., Feltz, D. L., Fahrbach, K. R., Mack, D. E. (2000). The Relation of Self-Efficacy Measures to Sport Performance: A Meta-Analytic Review. *Research Quarterly for Exercise and Sport*, 71(3), 280–294. <https://doi.org/10.1080/02701367.2000.10608908>

Musculus et al. (2021). Entscheiden und Problemlösen. In Güllich, A., & Krüger, M. (Hrsg.), *Sport in Kultur und Gesellschaft: Handbuch Sport und Sportwissenschaft* (S. 295–312). Springer Berlin Heidelberg. <https://doi.org/10.1007/978-3-662-53407-6>

Neuber, N., & Golenia, M. (2021). Lernorte für Kinder und Jugendliche im Sport. In Güllich, A., & Krüger, M. (Hrsg.), *Sport in Kultur und Gesellschaft: Handbuch Sport und Sportwissenschaft* (S. 55–72). Springer Berlin Heidelberg. <https://doi.org/10.1007/978-3-662-53407-6>

Ramos-Campo, D., Batalha, N., Olcina, G., Parraca, J., Sousa, J., & Tomas-Carus, P. (2020). Effects on performance of active and passive hypoxia as a re-warm-up routine before a 100-metre swimming time trial: A randomized crossover study. *Biology of Sport*, 37(2), 113–119. <https://doi.org/10.5114/biolsport.2020.93035>

Rupprecht, A. G. O., Tran, U. S., & Gröpel, P. (2021). The effectiveness of pre-performance routines in sports: A meta-analysis. *International Review of Sport and Exercise Psychology*, 1–26. <https://doi.org/10.1080/1750984X.2021.1944271>

Schippers, M. C., & Van Lange, P. A. M. (2006). The Psychological Benefits of Superstitious Rituals in Top Sport: A Study Among Top Sportspersons 1. *Journal of Applied Social Psychology*, 36(10), 2532–2553. <https://doi.org/10.1111/j.0021-9029.2006.00116.x>

Szabo, A. (2024). Placebo effects on kayak sprint performance in child athletes. *European Journal of Sport Science*, 24(5), 577–586. <https://doi.org/10.1002/ejsc.12065>

- Thapa, R., Clemente, F., Moran, J., Garcia-Pinillos, F., T. Scanlan, A., & Ramirez-Campillo, R. (2023). Warm up optimization in amateur male soccer players: A comparison of small-sided games and traditional warm-up routines on physical fitness qualities. *Biology of Sport*, 40(1), 321–329. <https://doi.org/10.5114/biolsport.2023.114286>
- The Haka*. (o. J.). Allblacks.Com. <https://www.allblacks.com/the-haka/> (Abgerufen am 28.02.2024)
- Tsai, M.-T., Shiu, Y.-J., Ho, C.-C., Chen, C.-H., Chiu, C.-H. (2024) Effects of Caffeinated Chewing Gum on Ice Hockey Performance after Jet Lag Intervention: Double-Blind Crossover Trial. *Nutrients*, 16(18), 3151. <https://doi.org/10.3390/nu16183151>
- Valério, M. V., Schaun, G. Z., Andrade, L. S., David, G. B., Orcy, R. B., Rombaldi, A. J., Alberton, C. L. (2023). Caffeine Supplementation Effects on Concurrent Training Performance in Resistance-Trained Men: A Double-Blind Placebo-Controlled Crossover Study. *Research Quarterly for Exercise and Sport*, 95(2), 546–554. <https://doi.org/10.1080/02701367.2023.2276401>
- Welch, R. B. (2015). What's Luck Got To Do With It? Superstitious Behaviors. *Sports. Track Coach*, 2015 (211), 6725–6740. <https://www.bluetoad.com/publication/?m=32700&i=252425&p=26&ver=html5>
- Whaling, J. (2016, März 6). *John Terry reveals bizarre urinal superstition making Chelsea late for matches*. The Mirror. <http://www.mirror.co.uk/sport/football/news/chelsea-skipper-john-terry-reveals-7504804> (Abgerufen am 22.02.2024)
- Wiemeyer, J., & Wollny, R. (2023). Technik und Techniktraining im Sport. Anwendungsbereiche, Methoden, Trainingsformen, Organisation, Anpassungen, Diagnostik. In Güllich, A., & Krüger, M. (Hrsg.), *Bewegung, Training, Leistung und Gesundheit: Handbuch Sport und Sportwissenschaft*.
- Wilk, M., Filip, A., Krzysztofik, M., Gepfert, M., Zajac, A., & Del Coso, J. (2020). Acute Caffeine Intake Enhances Mean Power Output and Bar Velocity during the Bench Press Throw in Athletes Habituated to Caffeine. *Nutrients*, 12(2), 406. <https://doi.org/10.3390/nu12020406>
- Woodman, T., Hardy, L. (2003). The relative impact of cognitive anxiety and self-confidence upon sport performance: a meta-analysis. *Journal of Sports Sciences*, 21(6), 443–457. <https://doi.org/10.1080/0264041031000101809>
- Yeemin, W., Kemarat, S., & Theanthong, A. (2020). The effects of post activation potentiation warm-up and pre-shot routine programs on driving performance in amateur golfers. *PLOS ONE*, 15(10), e0240881. <https://doi.org/10.1371/journal.pone.0240881>
- Yildirim, U. C., Akcay, N., Alexe, D. I., Esen, O., Gulu, M., Cîrțiță-Buzoianu, C., Cinarli, F. S., Cojocaru, M., Sari, C., Alexe, C. I., & Karayigit, R. (2023). Acute effect of different doses of caffeinated chewing gum on exercise performance in caffeine-habituated male soccer players. *Frontiers in Nutrition*, 10, 1251740. <https://doi.org/10.3389/fnut.2023.1251740>

Yun, D., Zhang, L., Qiu, Y., Schinke, R., & Liu, J. (2023). The usefulness of the useless: How ritualized behavior improves self-control under competition pressure. *Journal of Applied Sport Psychology*, 1–15. <https://doi.org/10.1080/10413200.2023.2274465>

KI im (Beach-)Volleyball - Aktuelle Möglichkeiten und zukünftige Perspektiven

Autoren: Fabian Tobias und Max Vater

Seite: 32–36

Cañal-Bruland, R., & Mann, D. L. (2024). DyNamic Interactive Anticipation–Time for a Paradigmatic Shift. *Sports Medicine*. <https://doi.org/10.1007/s40279-024-02135-9>

Duse, M. (2026). Validierung der Aufschlaggeschwindigkeiten von Balltime und VolleyStation Next im internationalen und nationalen Topniveau und Untersuchung des Zusammenhangs zwischen Aufschlaggeschwindigkeit und Effektivität von Sprungrotationsaufschlägen (unveröffentlichte A-Trainer Arbeit, Volleyball). Deutscher Volleyball-Verband

Lang, S., Tobias, F., Singh, D., & Link, D. (2024). Videogestütztes Antizipationstraining im Beach-Volleyball - Entwicklung einer Antizipations-Trainingssoftware für die Block-Abwehr als Vorbereitung auf die Olympischen Spiele Paris 2024. 13. DVS-Sportspiel-Symposium - "Ludo, ergo sum - Vom Kinderspiel bis zum Leistungssport", p. 131.

Tobias, F., Singh, D., Lang, S., Wenning, R., & Link, D. (2025). Anticipation training in beach volleyball: How does occlusion timing affect anticipation accuracy in experts and novices? 15th International Symposium on Computer Science in Sports (IACSS 2025), pp. 59–60. Tokyo, Japan.

Intelligentes Trainingsmanagement und Kapazitätsdenken

Autoren: Peter Leo und Sophie Herzog

Seite: 38–42

Leo P, Spragg J, Podlogar T, Lawley JS, Mujika I. Power profiling and the power-duration relationship in cycling: a narrative review. *Eur J Appl Physiol*. 2022 Feb;122(2):301–316. doi: 10.1007/s00421-021-04833-y. Epub 2021 Oct 27. PMID: 34708276; PMCID: PMC8783871.

Maier T et al (2017) Accuracy of cycling power meters against a mathematical model of treadmill cycling. *Int J Sports Med* 38(6):454–461

Passfield L et al (2017) Knowledge is power: issues of measuring training and performance in cycling. *J Sports Sci* 35(14):1426–1434

Training volume and total energy expenditure of an Olympic and Ironman world champion: approaching the upper limits of human capabilities Marcus S. Dasa, Olav Aleksander Bu, Øyvind

Sandbakk, Bent R. Rønnestad, Guy Plasqui, Hilde Gundersen, and Morten Kristoffersen *Journal of Applied Physiology* 2024 137:6, 1535-1540

Leo, P., Spragg, J., Mujika, I., Giorgi, A., Lorang, D., Simon, D., & Lawley, J. S. (2021). Power Profiling, Workload Characteristics, and Race Performance of U23 and Professional Cyclists During the Multistage Race Tour of the Alps. *International Journal of Sports Physiology and Performance*, 16(8), 1089-1095. Retrieved Dec 15, 2024, from <https://doi.org/10.1123/ijsp.2020-0381>

Muriel X, Mateo-March M, Valenzuela PL, Zabala M, Lucia A, Pallares JG, Barranco-Gil D. Durability and repeatability of professional cyclists during a Grand Tour. *Eur J Sport Sci*. 2022 Dec;22(12):1797-1804. doi: 10.1080/17461391.2021.1987528. Epub 2021 Oct 24. PMID: 34586952.

Jones, A.M. (2024), The fourth dimension: physiological resilience as an independent determinant of endurance exercise performance. *J Physiol*, 602: 4113-4128. <https://doi.org/10.1113/JP284205>

Sanders D, van Erp T. The Physical Demands and Power Profile of Professional Men's Cycling Races: An Updated Review. *Int J Sports Physiol Perform*. 2021 Jan 1;16(1):3-12. doi: 10.1123/ijsp.2020-0508. Epub 2020 Dec 3. PMID: 33271501.

Mateo-March, M., van Erp, T., Muriel, X., Valenzuela, P. L., Zabala, M., Lamberts, R. P., Lucia, A., Barranco-Gil, D., & Pallarés, J. G. (2022). The Record Power Profile in Professional Female Cyclists: Normative Values Obtained From a Large Database. *International Journal of Sports Physiology and Performance*, 17(5), 682-686. Retrieved Dec 15, 2024, from <https://doi.org/10.1123/ijsp.2021-0372>

Valenzuela, P. L., Muriel, X., van Erp, T., Mateo-March, M., Gandia-Soriano, A., Zabala, M., Lamberts, R. P., Lucia, A., Barranco-Gil, D., & Pallarés, J. G. (2022). The Record Power Profile of Male Professional Cyclists: Normative Values Obtained From a Large Database. *International Journal of Sports Physiology and Performance*, 17(5), 701-710. Retrieved Dec 15, 2024, from <https://doi.org/10.1123/ijsp.2021-0263>