

Special Issue

New Insights into Motor/Cognitive Skills and Sports Performance in Youth Athletes

Message from the Guest Editor

The development of both motor and cognitive skills is crucial for optimizing the physical performance and overall well-being of youth athletes. Several factors, such as biological maturation, training volume and intensity, sport specialization and other psychological or pedagogical aspects, could influence the development of both motor and cognitive skills. This Special Issue aims to explore recent scientific evidence in the study of motor and cognitive skill development in youth athletes across various sport disciplines, attempting to understand their role in enhancing sports performance and promoting long-term athletic growth. We invite research that investigates the cognitive and/or motor processes involved in sports performance of youth athletes, including but not limited to motor learning, motor coordination, cognitive-motor training, executive functions, decision-making and attentional control. Additionally, we welcome research exploring the interaction between these skills and how they can be enhanced through targeted training interventions. Authors are invited to submit original research, longitudinal studies, review papers and applied field-based investigations.

Guest Editor

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Deadline for manuscript submissions

31 July 2025



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/228701

*Journal of Functional
Morphology and Kinesiology*
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Editor-in-Chief

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