

## Special Issue

# Strategies to Improve Modifiable Factors of Athletic Success

### Message from the Guest Editors

Numerous factors contribute to athletic success. Some factors are outside of the influence of coaches, such as the genetic potential of the athletes they coach and the skill of the opposition their athletes face. However, coaches can influence numerous factors that influence the probability of athletic success by incorporating research from the following fields into their coaching practice:

1. Exercise physiology
2. Nutrition
3. Sport Psychology
4. Skill Acquisition.

As a result, we are interested in submissions that coaches can implement to improve modifiable factors related to athletic success.

This Special Issue welcomes the submission of original research, meta-analyses, systematic reviews, narrative reviews, commentaries, opinion articles, and perspectives.

It is our hope that this special issue will attract research that will improve current practice. As John Wooden once said, "It's the little details that are vital. Little things make big things happen."

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### Guest Editors

Dr. Vincent Dalbo  
Prof. Dr. Michael D. Roberts  
Prof. Dr. David H. Fukuda

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### Deadline for manuscript submissions

closed (31 October 2025)



## Sports

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

*Sports* publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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### Editor-in-Chief

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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).