

**SPORTS CAREER TERMINATION IN FOOTBALL PLAYERS: SYSTEMATIC REVIEW**António Carapinheira<sup>1</sup>, Pedro Mendes<sup>2</sup>, Pedro Guedes Carvalho<sup>3,4</sup>, Bruno Travassos<sup>1,4</sup>Universidade da Beira Interior<sup>1</sup>, Covilhã, Portugal, IPAM<sup>2</sup>, Lisboa, Portugal, University Institute of Maia<sup>3</sup>, ISMAI, Portugal, Research Center in Sports Sciences, Health Sciences and Human Development<sup>4</sup>, CIDESD, Portugal

**ABSTRACT:** This article aimed to characterize the termination of the sports career in football players. A systematic literature search was performed according to the PRISMA method. From all the publications, eight were selected that fulfilled all the inclusion criteria. The results revealed that, in general, the former football players finish their career between the ages of 31 and 35, reported a career span between eight and eleven years, and secondary education level. Regarding the quality of retirement, it was reported that voluntary retirement was mainly due to age and associated with psychological and social problems. Few data were reported regarding the available resources, highlighting, however, coping strategies through support from family and friends, and players maintain a career linked to sports. Only one study revealed the existence of a program to support the retirement of a sports career.

**KEYWORDS:** Career transition, Football, Transition strategies

**ABANDONO DA CARREIRA DESPORTIVA EM JOGADORES DE FUTEBOL: REVISÃO SISTEMÁTICA**

**RESUMO:** Este artigo teve como objetivo caracterizar o abandono da carreira desportiva de jogadores de futebol. Para tal, foi realizada uma revisão sistemática de acordo com o método PRISMA. De todas as publicações, foram selecionadas oito que cumpriam com todos os critérios de inclusão. Os resultados revelaram que, em geral, os jogadores de futebol terminam a sua carreira entre os 31 e os 35 anos, a sua carreira tem uma duração compreendida entre oito e onze anos, e o seu nível de educação predominante é o ensino secundário. Em relação à qualidade de abandono foi reportado sobretudo o abandono voluntário, devido à idade estando associados problemas psicológicos e sociais. Foram reportados poucos dados relativos aos recursos disponíveis, salientando-se estratégias de coping através de suporte família e de amigos, e o desenvolvimento de uma carreira ligada ao desporto. Apenas um estudo revelou a existência de um programa de suporte ao abandono da carreira desportiva.

**PALAVRAS CHAVE:** Transição carreira, Futebol, Estratégias transição

**ABANDONO DE LA CARRERA DEPORTIVA EN FÚTBOLISTAS: REVISIÓN SISTEMÁTICA**

**RESUMEN:** El objetivo de este artículo es caracterizar el retiro profesional deportivo en los jugadores de fútbol. Se realizó una búsqueda sistemática de la literatura disponible basada en el método PRISMA. Entre todas las publicaciones, se seleccionaron ocho que cumplían con los criterios de inclusión. Los resultados demuestran que los exjugadores de fútbol terminan su actividad profesional entre los 31 y los 35 años, la duración de su recorrido profesional fue entre 8 a 11 años, y su nivel de escolaridad es el de enseñanza secundaria. Con respecto a la calidad del abandono fue reportado casi siempre el retiro voluntario, en especial debido a la edad y con problemas psicológicos o sociales asociados. Se han encontrado muy pocos datos con relación a los recursos disponibles, destacándose, aun así, estrategias de coping a través del auxilio de la familia y amigos, y el desarrollo de una profesión conectada con el deporte. Solo uno de los estudios reveló la existencia de un programa de auxilio al retiro de la profesión deportiva.

**PALABRAS CLAVE:** Transición, Profesión, Fútbol, Estrategias de transición

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The sports career is, as proposed by Alfermann and Stambulova (2007), a concept that describes the practice of voluntary sporting activity, over several years, with the aim to potentiate the performance in one or more sporting events. In this sense, a sports career refers to the set of sports development stages of a sportsman and can be classified, according to the level of practice achieved (i. e., local, regional, national or international level) or according to the achieved status by the athlete (i. e., amateur or professional) (Alfermann, Stambulova, 2007).

In the sporting context, there has been a growing interest in the understanding of the moments of transition that mark it, as well as the factors that influence it and determine its success (Jordana, Torregrosa, Ramis, Latinjak, 2017; Park, Lavallee, Tod, 2013). Initially, the studies carried out on career transition in sport focused only on the end of the sports career, based on thanatology (stages of death) and social gerontology (aging processes) theories and models (Stambulova, Alfermann, Statler, Côté, 2009). Consequently, the moment of leaving the sport and the transition to the post-career was classified as a negative and often traumatic event (Cosh, LeCouteur, Crabb, Kettler, 2013). Some limitations were pointed out to the models of thanatology and gerontology considering them less adequate to explain the process of leaving the sports career. In general, these models were considered limited due to the vision of the process of career development and regarding the assumption that the process of ending the career was a negative event (Stambulova, et al., 2009). The difficulty in applying these models is thus due to the fact that the end of the career is only part of the sports development and life of players (Wylleman, Alfermann, Lavallee, 2004).

According to Alfermann and Stambulova (2007) transition can be defined as an event or a non-event that results in a change of perspective about oneself and the world, potentiating changes in behaviour and personal relationships. In spite of the initial acceptance of this definition, this perspective was subsequently called into question because it summarized the process of transition to a moment between stages, that is, an event or a non-event depending on the type of transition observed (sporting or personal) (Erpič, Wylleman, Zupančič, 2004; Stambulova, et al., 2009). In this way, the sports career is defined as a process in which several career transitions of sporting or non-sporting events occur (Alfermann, Stambulova, 2007; Park, et al., 2013; Wylleman, et al., 2004) that mark its development. Transitions are themselves processes that can take an average of one year and are influenced by four major groups of factors, namely the situation, the self, the existing support and coping strategies developed (Erpič, et al., 2004). Wylleman, Reints, De Knop (2013) also suggest that the grouping of all forms of transition, whether athletic or non-athletic, can be divided into two categories: (1) normative transitions, i.e. transitions occurring both in the sports career and in personal life, and (2) non-normative transitions, i.e., transitions that are not expected, which includes non-events.

Given the above, the analysis and understanding of the sports career transitions require the emergence of an holistic approach that considers the contextual factors on the process of understanding of career transition and specially career termination (Stambulova, Ryba, 2014). Thus, recent studies have focused their attention on the analysis of macrosocial factors, such as the culture, context or personal development of athletes (Alfermann,

Stambulova, Zemaityte, 2004; Dimoula, Torregrosa, Psychountaki, Fernandez, 2013; Stambulova, Stephan, Jäphag, 2007), rather than only on more micro-level context factors such as the role of coaches, parents, and colleagues in understanding and analyzing athletes' sports career (Alfermann, 2000; Wylleman, 2000).

### TERMINATION OF THE SPORTS CAREER

One of the most studied career transitions in sport is the sport career termination. Some concerning data have shown that the theme of career development and post-sport career transition are still taboo for many sports and for many sportsmen and women (Jones, Denison, 2017; Jordana, et al., 2017). For example, Park, et al. (2013) show clear evidence that there is a deficit in supporting programs that discuss the end of their careers and post-sport life, when athletes lose their competitive focus. Some studies also report that few elite athletes have shown interest in sharing their concerns about the post-term career. This is considered to be a characteristic of the sporting career of Southern European countries (Dimoula, et al., 2013).

In general, the results show that the moment of sports career termination is associated to a moment of crisis, in the face of experiences and reports (Coakley, 2005). This difficulty can be explained in part by the lack of preparation and awareness that the vast majority of sportspeople reveal to face this moment (Dimoula, et al., 2013; Sinclair, Orlick, 1993; Stambulova, Ryba, 2014). In particular, the great sporting identity and difficulty in reconciling dual careers seems to be one of the preponderant factors for the difficulty in facing the moment of the post-career termination (Cosh, et al., 2013; Martin, Fogarty, Albion, 2014). Some of the consequences of post-career in sports include identity crises, disorientation, fear of future uncertainty and frustration, difficulties in adapting to a new life and new lifestyle (D'Angelo, Reverberi, Gazzaroli, Gozzoli, 2017; Jordana, et al., 2017; Torregrosa, Ramis, Pallarés, Azócar, Selva, 2015).

According to the literature, the reasons that lead to the end of a sports career are many and of different orders, and may even be due to individual characteristics of the sportsman (Park, et al., 2013; Torregrosa, et al., 2015). In general, the factors influencing the end of the sports career can be classified as voluntary or involuntary, and voluntary retirement facilitates adaptation to the new life after retirement (Stambulova, et al., 2009; Wylleman, et al., 2004).

### FACTORS OF QUALITY OF CAREER TERMINATION

The most common factors referred in the literature that constraint quality of sport career termination were age, service dismissal, injury and free choice (Taylor, Ogilvie, 1994) or causes of a more complex and multidimensional nature (Kerr, Dacyshyn, 2000). There are also other factors reported in several studies but are not so common to report, such as work, family, problems with coaches, lack of motivation and success, poor sports policies, decreased performance, loss of pleasure by sport and financial difficulties (Jordana, et al., 2017; Park, et al., 2013; Stambulova, Ryba, 2014).

Given the perceived control over decision-making regarding the end of athletic career, some researchers categorized the reasons as being voluntary (including athletic and non-athletic reasons) or involuntary (including injury and dismissal) (Alfermann, et al., 2004). While voluntary retirement has been associated with a smoother transition and easy adjustment to a post-career life, involuntary retirement has been associated with difficulties in the process of neglect that include negative emotions and difficulty adapting to new life (Dimoula, et al., 2013; Stambulova, et al., 2009). For example, in a study led by Roberts, Mullen, Evans, and Hall (2015) the participants revealed that the pressures in the last years of contract are the main causes for career termination and post-career difficulties. Precarious one-year contracts are enablers of emotional instability, as well as the lack of communication between the club and the sportsman regarding his future. In this perspective, to understand difficulties in the sports post-career, two dimensions must be considered: factors related to the career termination and available resources during this transition (Park, et al., 2013).

Regarding factors related to the career transition, Park, et al. (2013) identified fifteen associated variables that included athletic identity, pre-term career planning, coping strategies, psychosocial support and control perception, among others. For example, the level of athletic identity (i.e., how athletes perceive themselves in the sports domain, related to the athlete's role, perceived values and social network built during a sports career) (Cosh, et al., 2013) shows a very strong correlation with the level of difficulties experienced

in the post-career process. Athletes with a high level of athletic identity, very focused on their sporting activity throughout their career, feel negative emotions, feelings of loss, need for isolation and fear of uncertainty about the future, leading to long periods to balance their identity in comparison with sportsmen who develop, for example, dual careers (Torregrosa, et al., 2015). In opposition to this, the accomplishments and fulfilment of sports goals during a sports career positively influence the adaptation to the post-term life of the sports career (Erpič, et al., 2004; Martin, et al., 2014).

Regarding available resources, the social support network has been suggested as a facilitator of the transition and post-career process (Roberts, et al., 2015). In the study led by Coakley (2005), the participants revealed that the felt support was an influential component of the quality experience of the sports career transition. The actors that constituted the informal support network (i.e., wives, family support, agents, psychologists and friends) were facilitating factors for the process of adaptation to new life and perceived quality of life in this process (Park, et al., 2013). One of the highlighted informal supports was the one coming from the agents, who are usually unfamiliar individuals, important in the life of a professional athlete and often with a great influence on their balance and in the planning and preparation of the transition process of the sports career (Coakley, 2005).

However, still regarding available resources, since the end of a sports career is a landmark process (Fernandez, Stephan, Fouquereau, 2006; Torregrosa, Boixadós, Valiente, Cruz, 2004), the preparation of a new life allows a more efficient and healthy transition (Stambulova, Ryba, 2014; Torregrosa, et al., 2015).

### SPORT CAREER TERMINATION IN FOOTBALL

Despite the results that generally characterize the termination of the sports career, recent studies have referred to the need to contextualize the development and termination of the sports career (Alfermann, et al., 2004; Dimoula, et al., 2013; Stambulova, et al., 2007). In this context, few studies in soccer report the factors related to the termination sports career and the resources available at the time of transition in different countries. Thus, for a better understanding of the processes inherent to the termination of the sports career, we need to understand the assumption of this process in a more contextualized way (Wylleman, et al., 2013). Given the above, if we want a better understanding of the termination of practice in a specific sport, we will have to evaluate exactly what are the characteristics of retirement in this sports context.

In this article, a systematic review on career transition and termination of sports practice in football players was carried out, trying to identify the characteristics of players at the moment of termination, the quality of the retirement and the resources available (Park, et al., 2013).

### METHODS

A systematic literature search was conducted according to the PRISMA method (Moher, Liberati, Tetzlaff, Altman, Group, 2009). In order to ensure the quality of the articles, a search was made in the Web of Science and Scopus database between January 2000 and July 2018 using the keywords "career retirement", "sport retirement", "soccer" and "football". A search with the same key words in Google Scholar was also conducted to find more scientific studies in this field, published in peer-reviewed scientific journals not indexed in previous databases. They are only considered empirical studies for analysis. To select the articles for analysis, the following criteria were considered:

- (1) They contained qualitative or quantitative data on termination of sports practice through interviews, semi-structured interviews or questionnaires;
- (2) The sample consisted exclusively of former soccer players;
- (3) Were written in English, Portuguese or Spanish. All the studies were analyzed by two authors to identify if the articles met the defined criteria. There was a 100% agreement between the analysis of the articles.

### RESULTS

Of the electronic search, 3,155 publications were identified. From all the publications identified, eight publications were selected that fulfilled all the defined inclusion criteria (Figure 1). Table 1 presents a summary of the studies identified in the scope of the termination of sports practice in football. The characteristics of the sample, the quality of the retirement and the resources available at the time of termination were identified and recorded according to previous studies (Park, et al., 2013).

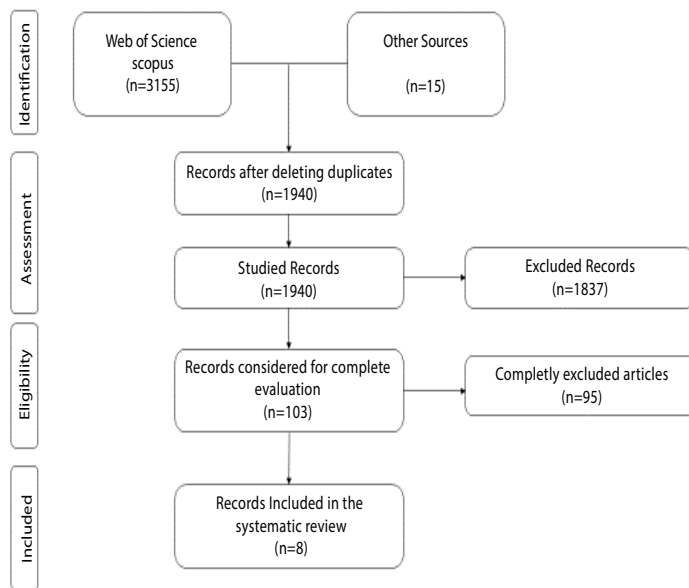


Figure 1. Flowchart of the procedures used to search for scientific articles.

Table 1. Studies of career termination in football identified with the identification of the country, sample characteristics, quality of retirement and available resources.

Author (year)	Country	Sample characteristics	Quality of retirement	Available resources
Drawer & Fuller (2002)	United Kingdom	Age of retirement- 32.5 ± 5.2 Career Duration - no information Education Level - no information Level - professional players N= 185	Kind of retirement - Involuntary Causes -injuries Identity - no information Difficulty - no information	Coping Strategies - no information Pre-retirement planning - no information Support programs - Professional Footballers' Association (however, inadequate to the needs) Major occupations after retirement - Occupations in sport (coach, manager)
Agresta, Brandão, & Neto (2008)	Brazil	Age of retirement- 34.36 ± 4.42 Career Duration - no information Education Level - no information Level - professional players N= 57	Kind of retirement - Voluntary Causes - age, other occupational interests Identity - no information Difficulty - sadness	Coping Strategies - no information Pre-retirement planning - no information Support programs - no information Major occupations after retirement - no information
Gouttebauge, Frings-Dresen & Sluiter (2015)	6 countries	Age of retirement- Career Duration - 12 ± 5.0 Education Level - no information Level - professional players N= 104	Kind of retirement - Voluntary Causes - no information Identity - no information Difficulty - anxiety, depression, harmful food and alcohol	Coping Strategies - no information Pre-retirement planning - no information Support programs - no information Major occupations after retirement - no information
Gouttebauge, Aoki, & Kerkhoffs (2016)	11 countries	Age of retirement - 34.36 ± 4.42 Career Duration - 11.6 ± 5.0 Education Level - university or equivalent Level - professional players N= 219	Kind of retirement - Involuntary Causes - age, other occupational interests Identity - no information Difficulty - anxiety, depression, harmful food and alcohol	Coping Strategies- no information Pre-retirement planning - no information Support programs - no information Major occupations after retirement - no information
Curran (2015)	Republic of Ireland and Northern Ireland	Age of retirement - no information Career Duration - no information Education Level - lack of higher education Level - professional league N= 30	Kind of retirement - Voluntary Causes - age, other occupational interests Identity - strong athletic identity Difficulty - mental and financial health problems	Coping Strategies - no information Pre-retirement planning - no information Support programs - Professional Footballers' Association Major occupations after retirement - Occupations in sport (coach, manager)
Rintaugu, Mwhisukha, & Monyeki (2016)	Kenya	Age of retirement - 31 to 35 years Career Duration - 6 to 10 years Education Level - Highschool Level - professional players N= 130	Kind of retirement - Voluntary Causes - lack of incentives and decreased physical activity Identity - strong athletic identity Difficulty - mental health problems and despair about employment	Coping Strategies - no information Pre-retirement planning - no information Support programs - no information Major occupations after retirement - Occupations in sport (coach, manager)
D'Angelo, Reverberi, Gazzaroli et al. (2017)	Italy	Age of retirement - no information Career Duration - no information Education Level - no information Level - professional players N= 14	Kind of retirement - Involuntary Causes - no information Identity - strong athletic identity Difficulty - mental health problems and bad feelings	Coping Strategies - support from family and friends Pre-retirement planning - No Support programs - no information Major occupations after retirement - Occupations in sport (coach, manager)
Sanders & Stevinson (2017)	United Kingdom	Age of retirement - 25.3 ± 5.2 Career Duration - 6.7 ± 3.7 Education Level - no information Level - professional players N= 307	Kind of retirement - no information Causes - family / personal and injuries Identity - strong athletic identity predictor of emotional adjustment at the end of the career Difficulty - mental health problems associated with neglect related to injuries	Coping Strategies - no information Pre-retirement planning - no information Support programs - no information Major occupations after retirement - no information

### Sample characteristics

Based on the results obtained (Table 1), we find that the footballers finish their sports career between the ages of 31 and 35 (Agresta, Brandão, Barros Neto, 2008; Drawer & Fuller, 2002; Gouttebauge, Aoki, Kerkhoffs, 2016; Rintaugu, Mwhisukha, Monyeki, 2016). However, recently Sanders and Stevinson (2017) reported an average age of 25.3 (± 5.2) years for career termination, which may indicate an earlier retirement age for professional footballers. Following the same trend, and despite the small number of studies that reported the duration of the sports career, while Gouttebauge, et al., (2016); and Rintaugu, et al., (2016) reported a career span of 8 to 11 years, Sanders and Stevinson (2017) reported an average career span of about 6.7 (± 3.7) years. Regarding the level of education, the studies report a predominance of high school education. All studies were based on the analysis of professional players.

### Quality of retirement

Regarding factors related to the quality of career transition, studies in Brazil (Agresta, et al., 2008), Republic of Ireland and Northern Ireland (Curran, 2015) and Kenya (Rintaugu, et al., 2016), have identified a predominance of voluntary termination of the career in former players (Agresta, et al., 2008; Curran, 2015; Rintaugu, et al., 2016), opposing to what happened with former players from the United Kingdom, Italy and also with players from 11 countries, that essentially revealed involuntary retirement (D'Angelo, et al., 2017). The most pointed out reasons by ex-players who had a voluntary retirement were

age and lack of motivation and incentives to continue, while the motives most pointed out by former players who had an involuntary retirement were injuries and age.

In general, previous studies have revealed a strong athletic identity and, for this reason, despite the voluntary or involuntary withdrawal, there is a great prevalence of post-career difficulties associated with mental disorders, depression and sadness (Agresta, et al., 2008; D'Angelo, et al., 2017). Problems related to alcohol and nutrition (Gouttebauge, et al., 2016; Gouttebauge, Frings-Dresen, Sluiter, 2015), financial problems (Curran, 2015) and difficulties in finding work (Rintaugu, et al., 2016) were also stated. Sanders and Stevinson (2017) also reported an interesting association between players who finish their sports career due to injury and problems associated with mental disorders compared to former players who retired for other reasons.

#### Available resources

In relation to the resources available during the withdrawal of the sports career, few were the data reported during the studies. We can, however, mention that as a predominant coping strategy support from family and friends and it has been found that the majority of former football players maintain a career linked to sport, such as coaches, leaders or observers (Curran, 2015; D'Angelo, et al., 2017; Drawer, Fuller, 2002; Rintaugu, et al., 2016). The existence of a timely preparation of the sporting career was only evaluated in D'Angelo, et al., (2017). In none of the reported studies were identified any post-sport support programs, there is only one reference to a social support program in the case of former Italian football players (D'Angelo, et al., 2017).

### DISCUSSION

This study aimed to carry out a systematic review on career transition and retirement of sports practice in football players. Out of a total of 3170 articles reviewed, only eight met the inclusion criteria noticing that, despite the increase in the number of studies carried out in the field of retirement and career transition in sport, few have focused on the specificity of modalities such as football. Based on the structure adopted by previous studies (Park, et al., 2013), we sought to systematize existing information about the characteristics of former football players at the time of retirement, the quality of retirement and the available resources at the time of retirement.

Regarding the characteristics of the sample, the results revealed that, in general, the former football players finish their career between the ages of 31 and 35 (Agresta, et al., 2008; Drawer, Fuller, 2002; Gouttebauge, et al., 2016; Rintaugu, et al., 2016). However, even without statistical comparison, the results of Sanders and Stevinson (2017) in the United Kingdom revealed a trend to an earlier career termination. This should be considered as relevant to assessing the future impacts that a possible decrease in the age of retirement may have on the needs of former players in relation to their personal development and the definition of future life plans (Taylor, Ogilvie, 1994). The age of retirement of the sports career revealed strong relation with the difficulties felt at the moment of the retirement. The lower the age of the players at the time of retirement, the greater the difficulties experienced in post-career (Park, et al., 2013).

Still in relation to the characteristics of the former football players considered in each study, there was a great difference in terms of the description reported in each one of the studies. In order to get a more detailed picture of the evolution of the career transition processes and the characteristics of the participants, we consider that future studies should carry out a detailed description of the characteristics of the sample, namely with the inclusion of variables level of practice, age of termination, starting of the career as a professional, the age of the best performance, the time between the best performance and withdrawal, the length of the professional career, the number of years of training, the level of education, as well as the number of years since withdrawal (Alfermann, et al., 2004; Park, et al., 2013). Regarding the quality of the retirement, we confirmed that there were studies from different countries and continents that reported voluntary retirement, as well as involuntary retirement. However the reasons given for retirement, with the exception of Sanders and Stevinson (2017) study that reported injuries as the main reason for retirement, the rest of the studies reported indiscriminately the age. In this way, the age factor can be considered as a voluntary or involuntary reason for the retirement of the sports career in soccer players (Roberts, et al., 2015). In addition, although not mentioned in any of the studies, the fact that the participants reveal difficulties in the career

transition may be associated with both voluntary and involuntary retirement, due to the strong sports identity development during career (Cosh, et al., 2013; Martin et al., 2014), as well as the lack of preparation and awareness that the vast majority of athletes reveal to cope with this moment (Dimoula, et al., 2013; Sinclair, Orlick, 1993; Stambulova, Ryba, 2014). In order to achieve a better understanding of the quality of the transition from a sports career to the moment of termination, further studies should evaluate beyond the type, causes and difficulties experienced, sports identity, sportsman satisfaction and the needed time to overcome the sports termination (Alfermann, et al., 2004, Park, et al., 2013).

Finally, we have verified that the studies carried out in the field of sports termination in football still very focused on identifying the reasons for termination and the quality of termination, giving less focus to the resources associated with this transition.

Future studies are required to identify the resources available at the time of career termination in football players. Out of the eight studies identified, only one clearly described the coping strategies used by former football players, as well as the lack of a plan for sports retirement (D'Angelo, et al., 2017). Really, few professional football players reveal interest in sharing their concerns related to the post-term career, with consequences for their quality of transition (Torregrosa, et al., 2004). This is also one of the factors considered to be characteristic of the sports career of European athletes especially in Southern Europe (Dimoula, et al., 2013). Only one study reported the existence of a support program at the time of termination (Curran, 2015). The lack of support programs to transition careers is one of the aspects most referenced in previous studies in different sports and countries (Dimoula, et al., 2013; Stambulova, et al., 2009).

In short, considering the results of the analyzed studies, the quality of career termination is poor and the resources available for former professional soccer players are nearly non-existent. Interestingly, differences in the career transition process between former professional football players from different countries have not been generally observed, emphasizing that there should be an analysis focused on specific sports modalities in order to better define the tendencies and needs of these practitioners for years to come. Despite all this, it is necessary to carry out studies among former football players from different countries and cultures (Stambulova, et al., 2009), as well as in terms of social evolution and conditions of support for the practice in football clubs. It is also important to understand the evolution in terms of the needs of the former professional football players in the last decades to prepare support programs adjusted to the needs for the next years.

### CONCLUSIONS

In the present literature review, eight studies were identified between 2002 and 2017 on the retirement of professional football players of different nationalities. The results highlight the problems inherent to the transition problems of sporting careers identified in other sports. However, it is important to note the drop in the age of career termination observed by (Sanders and Stevinson, 2017). Future studies should check whether this trend holds for the future, or whether there are different reasons for retirement, since the previous study had as its main focus the retirement due to injury. Despite the similarities between studies, the low level of information on the different categories of analysis in terms of the characterization of the population and also on the quality of the transition and the available resources emphasize the need to carry out more contextual studies in the country of origin of the players.

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