

Talent transfer: A systematic review

Talent transfer (TT): The process in which athletes make a switch from their original sport (i.e. donor sport) to a new sport (i.e. transfer sport). Previously developed skills are recycled to the transfer sport, so that athletes can fast-track to the top-level.

Aim: To give an overview of studies examining TT.

Findings:

- TT can serve as an alternative pathway in addition to traditional talent development programs.
- Similarities between donor and transfer sports seem helpful but are not a prerequisite.
- Psychological factors (f.e., confidence) play an important role & athletes might benefit from ↑ generic athletic ability.
- Knowledge regarding other determining factors of TT is still scarce.
- Athletes, national governing bodies and talent programs might benefit from TT, but empirical evidence for the effectiveness is still lacking.

