

# Performance and organizational stressors in the Junior-to-senior Transition in Football

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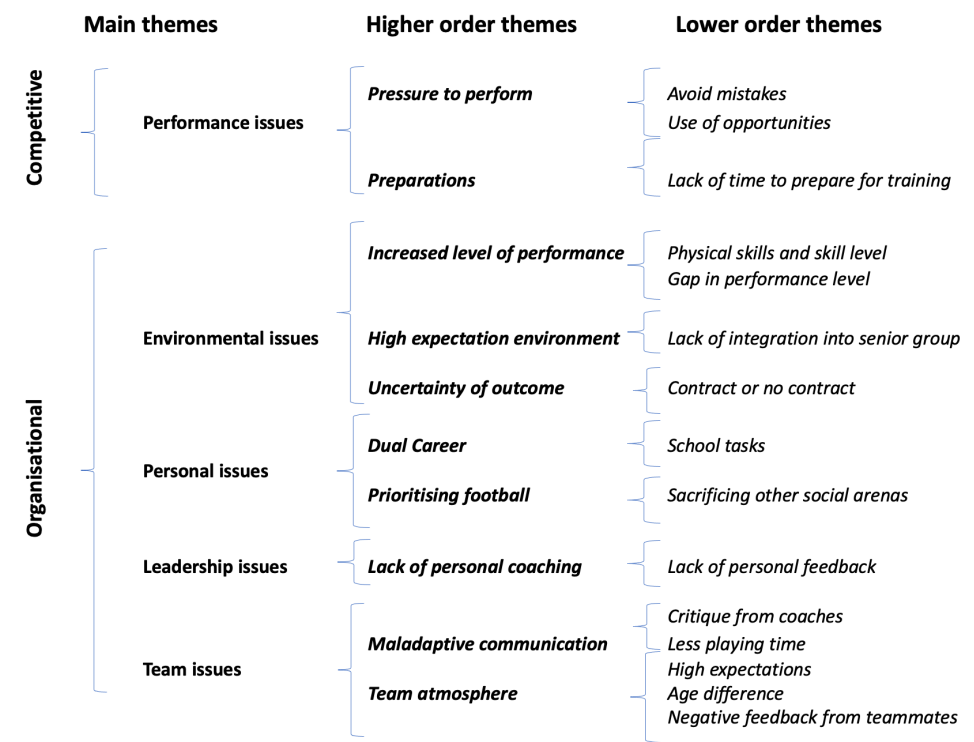


## The study

The aim of the current study was to investigate male junior football players from both professional and non-professional clubs, and their perception of two categories of stressors (Hanton et al., 2005): namely, competitive and organisational ones.

## Methods

Ten male players (five junior-elite, five junior non-elite) were interviewed, and the data were thematically content analysed. The highlighted competitive stressors were the pressures to perform and preparations related to performance issues.



## Main findings

The highlighted competitive stressors were the pressures to perform and preparations related to performance issues. Among organisational stressors were the increased level of performance and the uncertainty of outcome related to environmental issues. Difficulties arising from the pressures of having a dual career and prioritising football over friends were related to personal issues, and the lack of coaching created leadership issues; meanwhile maladaptive communication was related to team issues.

## Conclusion

The overall findings in this, one of few studies on junior players in football, indicate that the players have access to performance development arenas, but lack a social affiliation to the senior team players, as well as lacking senior team coaches' feedback, and access to a mastery arena (in a performance focussed environment) including social support. The results from this study thus highlight the importance of adjusting stressors for players in the junior-to-senior transition in football.

Figure 1. Main, higher order, and lower order themes based on the data analysis of the interviews of the junior players.

