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# INTRODUCTION

The study of sports performance has evolved in recent decades, incorporating insights from various fields of knowledge to better understand the factors that influence athletic success. Among these fields, cognitive psychology has emerged as a key approach to analyzing how cognitive processes – such as perception, attention, memory, language, logical reasoning, decision-making, and learning – affect athletes’ behavior and provide the essential foundation for pedagogical processes. These processes facilitate the acquisition, storage, processing, and application of information. From this perspective, the focus extends beyond the execution of technical and tactical actions to include the roles

of planning, anticipation, problem-solving, and emotional regulation in optimizing athletic performance.

This study aims to explore athletes’ behavior from the standpoint of cognitive psychology by identifying the cognitive processes – expressed through cognitive actions – involved in training and competition, and by examining their relationship with technical and tactical performance across various sports disciplines. In doing so, it seeks to offer a theoretical framework for understanding how cognition influences competitive effectiveness and to provide methodological tools that support the comprehensive development of athletes.