

Tabel S1. Experimental Mesocycle 1

Stages	Stage 1	Stage 2	Stage 3	Stage 4
Period	28.04 – 04.05	05.05 –11.05 12.11	12.05-18.05	19.05 - 25.05
Nr of days	7	7	7	7
Training days	6	6	6	6
Rest days	1	1	1	1
Training sessions	6	6	6	6
Bouts per training session per athlete	0	0	2	2
Individual lessons per athlete	1	2	2	2
Recovery sessions	0	0	0	1
Competitions	0	0	0	0
Training phase	Pre-competitive	Pre-competitive	Pre-competitive	Pre-competitive
Objective	Testing Development of sport-specific work capacity Technical-tactical improvement	Achievement and maintenance of peak performance Improvement of attack strategy and tactics Development of psychological skills	Achievement and maintenance of peak performance Development of sport-specific work capacity Technical-tactical improvement	Technical-tactical improvement Achievement and maintenance of peak performance Development of psychological skills
Training content	Technical training (technical refinement, attack modeling, evaluation) Sport-specific physical training Psychological training Tactical and technical-tactical training Video analysis Theoretical preparation Recovery Testing	Attack modeling Technical-tactical training Theoretical preparation (competition strategy and competition analysis) Video analysis Recovery	Technical training (technical refinement, attack modeling, evaluation) Sport-specific physical training Psychological training Tactical and technical-tactical training Video analysis Theoretical preparation	Attack modeling Technical-tactical training Theoretical preparation (competition strategy and competition analysis) Video analysis Recovery
Training venue	Braşov	Braşov	Braşov	Braşov

Tabel S2. Experimental Mesocycle 2

Stages	Stage 5	Stage 6	Stage 7	Stage 8
Period	26.05 – 01.06	02.06 –08.06 12.11	09.06-15.06	16.06 - 22.06
Nr of days	7	7	7	7
Training days	6	6	6	6
Rest days	1	1	1	1
Training sessions	6	6	6	6
Bouts per training session per athlete	3	3	5	5
Individual lessons per athlete	2	2	2	2
Recovery sessions	0	0	0	1
Competitions	0	0	0	0
Training phase	Pre-competitive	Pre-competitive	Pre-competitive	Pre-competitive
Objective	Achievement and maintenance of peak performance Development of sport-specific work capacity Technical-tactical improvement	Achievement and maintenance of peak performance Improvement of attack strategy and tactics Development of psychological skills	Achievement and maintenance of peak performance Development of sport-specific work capacity Technical-tactical improvement	Technical-tactical improvement Achievement and maintenance of peak performance Development of psychological skills Testing
Training content	Attack modeling Technical training (technical refinement, attack modeling, evaluation) Sport-specific physical training Psychological training Tactical and technical-tactical training Video analysis Theoretical preparation Recovery	Attack modeling Technical-tactical training Theoretical preparation (competition strategy and competition analysis) Video analysis Recovery	Attack modeling Technical training (technical refinement, attack modeling, evaluation) Sport-specific physical training Psychological training Tactical and technical-tactical training Video analysis Theoretical preparation.	Attack simulation Technical-tactical training Theoretical preparation (competition strategy and competition analysis) Recovery Testing
Training venue	Braşov	Braşov	Braşov	Braşov

Tabel S3. Individual raw pre- and post-intervention data for all study outcomes

Outcome	S1	S2	S3	S4	S5	S6	S7	S8
Arm Control Pre	9	10	8	10	9	7	8	10
Arm Control Post	9	9	9	10	10	9	10	10
Change direction pre	7	7	7	8	8	6	8	9
Change direction post	8	7	8	8	8	7	8	10
Beat attack pre	8	7	6	9	9	8	9	10
Beat attack post	9	8	9	10	10	8	9	10
Forearm pre	9	10	9	10	8	7	7	9
Forearm post	10	10	8	9	9	8	9	10
Balance pre (s)	45	32	55	45	56	17	49	53
Balance post (s)	36	54	78	58	78	32	65	80
Correct position pre	7	8	10	9	3	7	9	10
Correct position post	8	7	10	10	8	8	10	10
Straight-line pre (cm)	40	26	11	54	32	45	34	29
Straight-line post (cm)	32	21	15	43	30	42	36	27

Abbreviations: Pre = pre-intervention assessment; Post = post-intervention assessment. Arm Control, Change Direction, Beat Attack, Forearm, and Correct Position are expressed as the number of successful attempts out of 10. Balance is expressed in seconds (s). Straight-Line performance is expressed as lateral deviation in centimeters (cm), with lower values indicating better performance.