

## Special Issue

# Advances in Water-Based Team Sports: Performance, Training Strategies, and Athlete Development

### Message from the Guest Editor

In the last decade, there has been growing interest for participation in water-based team sports worldwide. The scientific literature identifying performance indicators and other factors related to success in the game, particularly in youth athletes, is scarce. Water-based team sports take place in water, an unnatural medium for humans, making movements more challenging than in other court sports, while adopting technical-tactical rules and game strategies. Therefore, athletes' development and training strategies in water-based team sports are challenging while requiring specific anthropometric characteristics and functional capacities. Thus, this Special Issue focuses on different advances in training strategies in water-based team sports including various factors influencing success in the game, such as nutrition, injuries, sleep and recovery, psychological aspects, and the overall well-being of an athlete. We welcome research exploring the interaction between different success factors, the development of sports-specific skills, and how they can be enhanced through targeted training interventions.

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### Guest Editor

Dr. Tea Galic  
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### Deadline for manuscript submissions

31 October 2025



## Journal of Functional Morphology and Kinesiology

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### Message from the Editor-in-Chief

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#### Editor-in-Chief

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