	Items	Baseline	Pre	Post
1	IndPerformance	*	*	*
2	GroupPerformance		*	*
3	TeamPerformance	*		
4	GroupClick		*	*
5	TeamClick	*		*
6	GroupBonding		*	*
7	TeamBonding	*		*
8	Arousal		*	*
9	Exertion			*

		high	low
	n	87	87
CompetenceVsTeammates (mean (sd))		25.41 (15.49)	22.52 (16.46)
CompetenceVsChinesePros (mean (sd))		16.89 (19.39)	17.30 (17.69)
CompetenceVsInternationalPros (mean (sd))		24.85 (24.52)	14.11 (26.88)
PerfomanceImpactOnConfidence (mean (sd))		68.00 (23.06)	69.26 (24.80)
PerformanceImpactOnMood (mean (sd))		67.70 (23.78)	66.89 (16.21)

Table 1: Athlete subjective perceptions of individual technical competence by condition

	Baseline	Pre	Post	p	test
n	29	29	29		
OverallPerformance (mean (sd))	66.11 (19.47)	69.90 (17.35)	NaN (NA)	0.445	
ConfidenceInAbility (mean (sd))	NaN (NA)	77.76 (15.37)	68.93 (24.87)	0.110	
PerformanceVsExpectations (mean (sd))	NaN (NA)	NaN (NA)	58.31 (17.71)	NA	
Defence (mean (sd))	60.96 (19.16)	63.62 (19.56)	58.69 (23.58)	0.669	
Passing (mean (sd))	61.74 (22.23)	70.28 (16.21)	60.21 (22.78)	0.142	
SupportPlay (mean (sd))	69.19 (14.23)	70.31 (15.79)	67.62 (23.05)	0.853	
DecisionMaking (mean (sd))	59.89 (16.76)	62.93 (16.89)	68.21 (14.68)	0.153	
Contact (mean (sd))	58.59 (23.41)	55.38 (28.53)	46.45 (28.10)	0.217	

Table 2: Athlete perceptions of individual performance (low difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
OverallPerformance (mean (sd))	69.07 (18.62)	65.66 (27.57)	NaN (NA)	0.592	
ConfidenceInAbility (mean (sd))	NaN (NA)	76.90 (22.65)	73.32 (14.03)	0.479	
PerformanceVsExpectations (mean (sd))	NaN (NA)	NaN (NA)	64.79 (16.83)	NA	
Defence (mean (sd))	67.44 (16.83)	66.76 (19.68)	66.11 (16.67)	0.962	
Passing (mean (sd))	63.63 (26.69)	65.83 (20.93)	59.75 (24.52)	0.631	
SupportPlay (mean (sd))	67.30 (24.88)	67.90 (23.13)	66.61 (21.35)	0.978	
DecisionMaking (mean (sd))	60.78 (23.72)	65.93 (20.43)	67.11 (21.70)	0.527	
Contact (mean (sd))	67.41 (20.83)	67.93 (21.32)	59.11 (24.33)	0.254	

Table 3: Athlete perceptions of individual performance (high difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
ConfidenceInGroupAbility (mean (sd))	NaN (NA)	78.62 (12.75)	NaN (NA)	NA	
GroupAttack (mean (sd))	NaN (NA)	75.66 (13.36)	67.34 (15.61)	0.034	
GroupDefence (mean (sd))	NaN (NA)	77.62 (14.44)	63.14 (19.90)	0.002	
GroupCommunication (mean (sd))	NaN (NA)	75.72 (14.84)	70.66 (15.46)	0.208	
GroupSupportPlay (mean (sd))	NaN (NA)	75.97 (12.80)	69.66 (13.72)	0.076	

Table 4: Athlete perceptions of group performance (low difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
ConfidenceInGroupAbility (mean (sd))	NaN (NA)	76.03 (17.16)	NaN (NA)	NA	
GroupAttack (mean (sd))	NaN (NA)	74.55 (20.93)	64.07 (24.38)	0.087	
GroupDefence (mean (sd))	NaN (NA)	73.38 (22.09)	57.04 (25.55)	0.012	
GroupCommunication (mean (sd))	NaN (NA)	77.76 (16.09)	66.25 (20.78)	0.023	
GroupSupportPlay (mean (sd))	NaN (NA)	75.55 (15.65)	64.46 (25.32)	0.051	

Table 5: Athlete perceptions of group performance (high difficulty condition)

	high	low	p	test
n	87	87		
TeamPerformance (mean (sd))	69.96 (19.74)	68.00 (23.11)	0.739	
TeamCompetenceInChina (mean (sd))	37.81 (16.08)	41.19 (13.43)	0.407	
TeamAttack (mean (sd))	65.74 (24.68)	66.85 (15.07)	0.843	
TeamDefence (mean (sd))	67.30 (16.99)	63.26 (17.79)	0.398	
TeamCommunication (mean (sd))	70.67 (19.48)	65.67 (22.27)	0.384	
TeamSupportPlay (mean (sd))	68.11 (18.61)	64.15 (19.15)	0.444	

Table 6: Athlete perceptions of team performance at Baseline, by condition

	Baseline	Pre	Post	p	test
n	29	29	29		
ClickPictorial (mean (sd))	NaN (NA)	4.00 (0.89)	3.75 (0.93)	0.303	
UnspokenUnderstanding (mean (sd))	NaN (NA)	72.90 (15.77)	64.64 (20.99)	0.098	
GeneralAtmosphere (mean (sd))	NaN (NA)	78.03 (17.48)	74.50 (20.54)	0.487	
AbilitiesExtended (mean (sd))	NaN (NA)	72.28 (16.22)	61.86 (28.68)	0.096	
ReliabilityForOthers (mean (sd))	NaN (NA)	NaN (NA)	63.46 (14.56)	NA	
ReliabilityOfOthers (mean (sd))	NaN (NA)	NaN (NA)	72.29 (17.79)	NA	

Table 7: Athlete perceptions of group click (high difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
ClickPictorial (mean (sd))	NaN (NA)	3.76 (1.18)	3.45 (1.24)	0.334	
UnspokenUnderstanding (mean (sd))	NaN (NA)	72.45 (19.40)	68.34 (14.69)	0.368	
GeneralAtmosphere (mean (sd))	NaN (NA)	81.79 (11.60)	76.79 (13.73)	0.140	
AbilitiesExtended (mean (sd))	NaN (NA)	77.66 (14.33)	65.86 (18.09)	0.008	
ReliabilityForOthers (mean (sd))	NaN (NA)	NaN (NA)	61.03 (21.33)	NA	
ReliabilityOfOthers (mean (sd))	NaN (NA)	NaN (NA)	68.55 (23.47)	NA	

Table 8: Athlete perceptions of group click (low difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
EmotionalSupport (mean (sd))	NaN (NA)	78.55 (18.90)	73.86 (19.61)	0.361	
SharedGoal (mean (sd))	NaN (NA)	80.79 (24.98)	79.04 (20.80)	0.774	
FusionPictorial (mean (sd))	NaN (NA)	4.14 (0.64)	4.00 (1.09)	0.560	
StayOrChange (mean (sd))	NaN (NA)	NaN (NA)	68.25 (24.75)	NA	

Table 9: Athlete perceptions of group bonding (high difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
EmotionalSupport (mean (sd))	NaN (NA)	78.69 (24.33)	76.52 (14.92)	0.683	
SharedGoal (mean (sd))	NaN (NA)	90.21 (9.33)	83.62 (15.34)	0.053	
FusionPictorial (mean (sd))	NaN (NA)	4.31 (0.71)	3.79 (1.52)	0.103	
StayOrChange (mean (sd))	NaN (NA)	NaN (NA)	71.79 (24.23)	NA	

Table 10: Athlete perceptions of group bonding (low difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
EmotionalSupport (mean (sd))	77.11 (17.76)	NaN (NA)	76.90 (11.97)	0.958	
SharedGoal (mean (sd))	84.96 (16.93)	NaN (NA)	84.28 (14.13)	0.869	
FusionVerbalTeam (mean (sd))	4.15 (0.65)	NaN (NA)	4.06 (0.61)	0.595	
GroupIdentification (mean (sd))	4.49 (0.57)	NaN (NA)	4.40 (0.64)	0.568	
FusionPictorialTeam (mean (sd))	4.67 (0.48)	NaN (NA)	4.45 (0.63)	0.153	
FusionPictorialFamily (mean (sd))	4.52 (1.09)	NaN (NA)	4.69 (0.71)	0.486	
FusionPictorialCountry (mean (sd))	4.00 (1.33)	NaN (NA)	3.93 (1.36)	0.849	
TeamRank (mean (sd))	1.33 (0.68)	NaN (NA)	1.28 (0.70)	0.757	
FamilyRank (mean (sd))	1.56 (0.85)	NaN (NA)	1.69 (0.81)	0.547	
CountryRank (mean (sd))	0.56 (1.01)	NaN (NA)	0.59 (1.05)	0.912	

Table 11: Athlete perceptions of team bonding (low difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
EmotionalSupport (mean (sd))	71.89 (24.66)	NaN (NA)	71.71 (17.46)	0.976	
SharedGoal (mean (sd))	81.59 (17.66)	NaN (NA)	82.64 (17.18)	0.824	
FusionVerbalTeam (mean (sd))	4.00 (0.81)	NaN (NA)	3.88 (0.76)	0.582	
GroupIdentification (mean (sd))	4.20 (0.78)	NaN (NA)	4.16 (0.71)	0.812	
FusionPictorialTeam (mean (sd))	4.33 (0.73)	NaN (NA)	4.25 (0.75)	0.679	
FusionPictorialFamily (mean (sd))	4.56 (0.80)	NaN (NA)	4.71 (0.71)	0.440	
FusionPictorialCountry (mean (sd))	3.56 (1.31)	NaN (NA)	3.61 (1.57)	0.896	
TeamRank (mean (sd))	1.30 (0.78)	NaN (NA)	1.25 (0.75)	0.823	
FamilyRank (mean (sd))	1.81 (0.74)	NaN (NA)	1.75 (0.65)	0.729	
CountryRank (mean (sd))	0.56 (1.05)	NaN (NA)	0.57 (1.00)	0.954	

Table 12: Athlete perceptions of team bonding (high difficulty condition)

	Baseline	Pre	Post	p	test
n	29	29	29		
Punctuality (mean (sd))	87.33 (19.22)	NaN (NA)	86.76 (19.33)	0.912	
MealAttendance (mean (sd))	92.78 (11.56)	NaN (NA)	93.62 (9.48)	0.766	
GeneralConduct (mean (sd))	90.81 (11.68)	NaN (NA)	92.86 (9.15)	0.467	
Curfew (mean (sd))	89.33 (19.39)	NaN (NA)	89.34 (14.61)	0.998	

Table 13: Athlete perceptions of team discipine (low difficulty condition)

	high	low	p	test
n	87	87		
Agreeableness (mean (sd))	4.94 (1.16)	4.74 (0.93)	0.481	
Conscientiousness (mean (sd))	5.46 (1.18)	5.20 (1.29)	0.445	
EmotionalStability (mean (sd))	4.26 (1.40)	4.54 (1.42)	0.472	
Extraverted (mean (sd))	5.28 (1.44)	4.74 (1.68)	0.213	
Openness (mean (sd))	4.62 (1.15)	4.74 (0.97)	0.679	

Table 14: Athlete personality type by condition