	variable	session	sex	team	location
1	PerformExpected	0.01	0.06	0.08	0.01
2	GroupClick	0.08	-0.03	0.09	0.08
3	GroupBonding	0.15	-0.01	0.24	0.15

Table 1: Intra class correlations of grouping variables according to key variables of interest

	Overall	high	low
n	58	29	29
Age (mean (sd))	21.33 (3.33)	20.48 (3.11)	22.14 (3.39)
Sex = male (%)	31 (53.4)	15 (51.7)	16 (55.2)
Team (%)			
Beijing Men	16 (27.6)	8 (27.6)	8 (27.6)
Beijing Women	11 (19.0)	6 (20.7)	5 (17.2)
Shandong Men	15 (25.9)	7 (24.1)	8 (27.6)
Shandong Women	16 (27.6)	8 (27.6)	8 (27.6)
Position = Starting Team (%)	18 (32.7)	9 (33.3)	9 (32.1)
TrainingAge (mean (sd))	4.22 (2.11)	3.74 (1.89)	4.68 (2.25)
YearsInTeam (mean (sd))	5.64 (2.08)	5.37 (1.94)	5.89 (2.20)
AthleteLevel (%)			
1st Level	11 (20.8)	5 (19.2)	6 (22.2)
2nd Level	6 (11.3)	5 (19.2)	1 (3.7)
Master	36 (67.9)	16 (61.5)	20 (74.1)
ContractStatus (%)			
Full time contract	8 (14.5)	3 (11.1)	5 (17.9)
Full time employee	21 (38.2)	10 (37.0)	11 (39.3)
Student contract	8 (14.5)	5 (18.5)	3 (10.7)
Training contract	16 (29.1)	8 (29.6)	8 (28.6)
Trial	2 (3.6)	1 (3.7)	1 (3.6)

Table 2: Overview of experiment sample by condition

	Baseline	Pre	Post
n	29	29	29
PerformanceVsExpectations (mean (sd))	NaN (NA)	NaN (NA)	58.31 (17.71)
ConfidenceInAbility (mean (sd))	NaN (NA)	77.76 (15.37)	68.93 (24.87)
Defence (mean (sd))	60.96 (19.16)	63.62 (19.56)	58.69 (23.58)
Passing (mean (sd))	61.74 (22.23)	70.28 (16.21)	60.21 (22.78)
SupportPlay (mean (sd))	69.19 (14.23)	70.31 (15.79)	67.62 (23.05)
DecisionMaking (mean (sd))	59.89 (16.76)	62.93 (16.89)	68.21 (14.68)
OverallPerformance (mean (sd))	66.11 (19.47)	69.90 (17.35)	NaN (NA)

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

	Baseline	Pre	Post
n	29	29	29
PerformanceVsExpectations (mean (sd))	NaN (NA)	NaN (NA)	64.79 (16.83)
ConfidenceInAbility (mean (sd))	NaN (NA)	76.90 (22.65)	73.32 (14.03)
Defence (mean (sd))	67.44 (16.83)	66.76 (19.68)	66.11 (16.67)
Passing (mean (sd))	63.63 (26.69)	65.83 (20.93)	59.75 (24.52)
SupportPlay (mean (sd))	67.30 (24.88)	67.90 (23.13)	66.61 (21.35)
DecisionMaking (mean (sd))	60.78 (23.72)	65.93 (20.43)	67.11 (21.70)
OverallPerformance (mean (sd))	69.07 (18.62)	65.66 (27.57)	NaN (NA)

Table 4: Athlete perceptions of individual performance (high difficulty condition)

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

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

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

Table 6: 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 7: Athlete perceptions of team performance at Baseline, by condition

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

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

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

Table 9: Athlete perceptions of group click (low difficulty condition)

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

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

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

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

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

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

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

Table 13: Athlete perceptions of team bonding (high difficulty condition)

	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 14: Athlete subjective perceptions of individual technical competence by condition

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

Table 15: Athlete perceptions of team discipine (low difficulty condition)

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

Table 16: Athlete personality type by condition

	variable	session	sex	team	location
1	PerformExpected	0.06	0.06	0.08	0.01
2	GroupClick	0.14	-0.03	0.09	0.08
3	GroupBonding	0.21	-0.01	0.24	0.15

Table 17: Intra class correlations of variables of interest according to groups

	Session	Mean	SD
1	ShandongWomenHigh	4.06	2.08
2	ShandongMenHigh	3.81	2.04
3	BeijingWomenHigh	4.50	1.90
4	BeijingMenHigh	4.39	1.82
5	ShandongWomenLow	4.75	1.34
6	ShandongMenLow	5.00	1.71
7	BeijingWomenLow	2.75	1.81
8	BeijingMenLow	3.31	1.85

Table 18: Mean and standard deviation of performance outcome according to experiment session