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Additional content

Resource lists

Below are lists of additional resources for some of the articles in this issue.

Bio-banding (pp. 5–7)

- Hill, M., *et al.* 'Adolescent player development within institutional constraints in academy football', *International Journal of Sports Science & Coaching* Vol. 20, No. 3, pp. 1–11.
- Work by Professor Sean Cumming, an expert on growth and maturation in sport and exercise: <https://tinyurl.com/ProfessorSeanCumming>
- Video on bio-banding at Bath Rugby Academy: <https://tinyurl.com/BathRugbyAcademy>

Nutritional supplements (pp. 16–17)

- Buford, T.W., *et al.* (2007), 'International Society of Sports Nutrition position stand: creatine supplementation and exercise', *Journal of the International Society of Sports Nutrition* Vol. 4, No. 1, p. 6: <https://tinyurl.com/CreatineAndExercise>
- Burke, L.M. and Hawley, J.A. (2018), 'Swifter, higher, stronger: what's on the menu?', *Science of Sport and Exercise Nutrition* Vol. 52, No. 2, pp. 30–44.
- Carr, A.J., *et al.* (2011), 'Effects of acute alkalosis and acidosis on performance: a meta-analysis', *Sports Medicine* Vol. 41, No. 10, pp. 801–14.
- Grgic, J., *et al.* (2019), 'Wake up and smell the coffee: Caffeine supplementation and exercise performance – an umbrella review of 21 published meta-analyses', *British Journal of Sports Medicine* Vol. 54, No. 11, pp. 681–88: <https://tinyurl.com/CaffeineSupplementation>
- Kreider, R.B., *et al.* (2017), 'International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine', *Journal of the International Society of Sports Nutrition* Vol. 14, No. 1, p. 18: <https://tinyurl.com/CreatineSafety>
- Spriet, L.L. (2014), 'Exercise and sport performance with low doses of caffeine', *Sports Medicine* Vol. 44, S2, S175–S184: <https://tinyurl.com/LowDoseCaffeine>

Coach feedback (pp. 18–20)

- Butler, D.L., and Winne, P.H. (1995), 'Feedback and self-regulated learning: A theoretical synthesis', *Review of Educational Research* Vol. 65, No. 3, pp. 245–281.

- Corbett, R., *et al.* (2023), 'A systematic review of coach augmented verbal feedback during practice and competition in team sports', *International Journal of Sports Science & Coaching* Vol. 19, No. 2, pp. 864–881: <https://tinyurl.com/CoachAugmentedVerbalFeedback>
- Corbett, R., *et al.* (2024), "'All feedback is beneficial": A deconstruction of feedback'. In A. Whitehead, and J. Coe (eds.), *Myths of Sports Performance*, pp. 61–76, Sequoia Books.

Goal setting in sport (pp. 24–27)

- Bieleke, M., *et al.* (2019), 'Served well? A pilot field study on the effects of conveying self-control strategies on volleyball service performance', *Behavioral Sciences* Vol. 9, No. 9, pp. 93–105.
- Bird, M.D., *et al.* (2024), 'The what, why, and how of goal setting: A review of the goal-setting process in applied sport psychology practice', *Journal of Applied Sport Psychology* Vol. 36, No. 1, pp. 75–97.
- Hardy, L. and Jones, G. (1994), 'Current issues and future directions for performance-related research in sport psychology', *Journal of Sports Sciences* Vol. 12, No. 1, pp. 61–92.
- Kingston, K. and Hardy, L. (1997), 'Effects of different types of goals on processes that support performance', *The Sport Psychologist* Vol. 11, No. 3, pp. 277–93.
- Locke, E.A. and Latham, G.P. (1990), *A theory of goal setting and task performance*, Prentice-Hall, Inc.
- Locke, E.A. and Latham, G.P. (2002), 'Building a practically useful theory of goal setting and task motivation: A 35-year odyssey', *American Psychologist* Vol. 57, No. 9, pp. 705–17.
- Weinberg, R.S. and Gould, D. (2019), *Foundations of Sport and Exercise Psychology* (7th ed.), Human Kinetics.
- Williamson, O., *et al.* (2024), 'The performance and psychological effects of goal setting in sport: A systematic review and meta-analysis', *International Review of Sport and Exercise Psychology* Vol. 17, No. 2, pp. 1050–78.

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