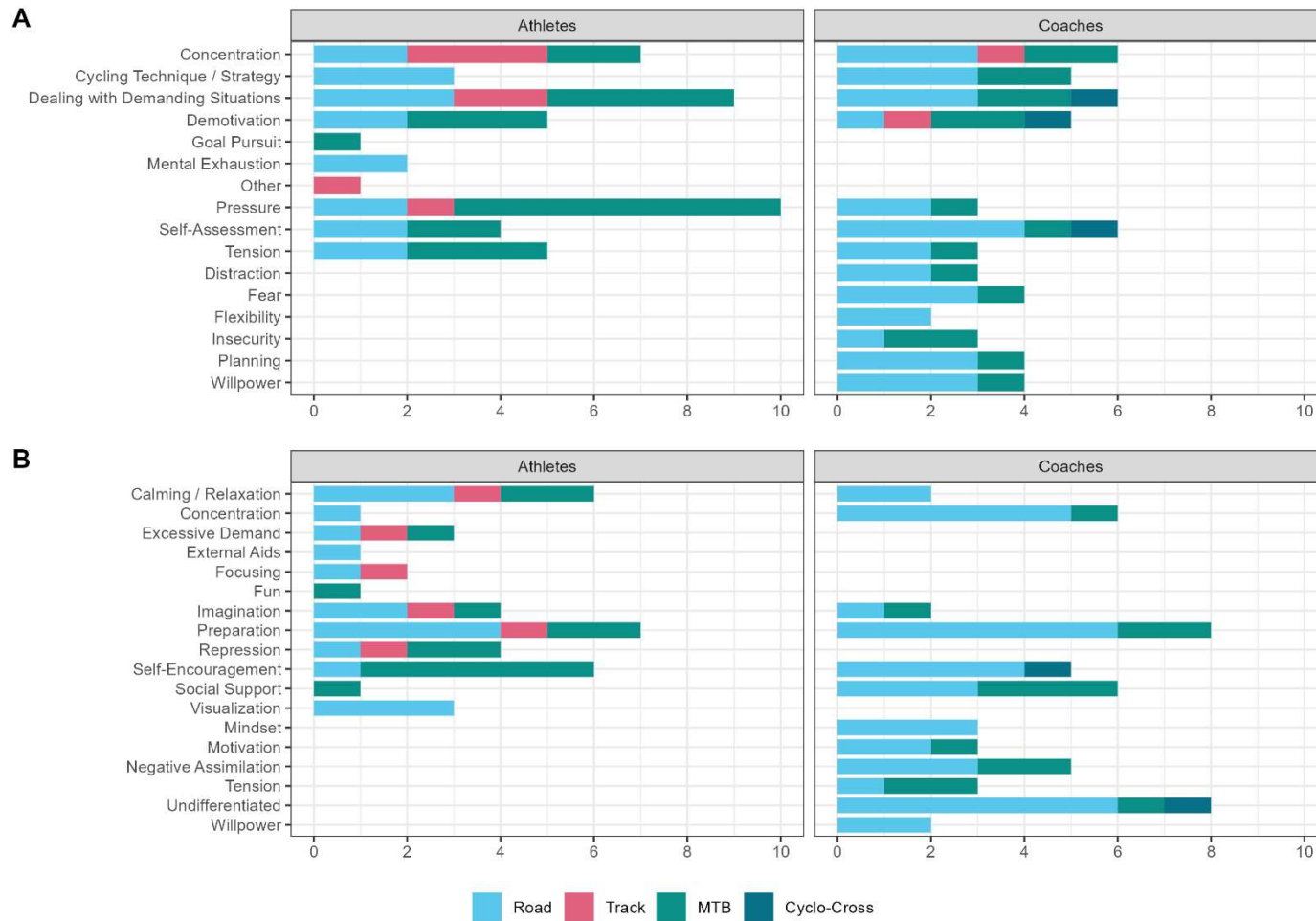


ESM 3. Figure S1. Illustration of the frequencies of (A) inner obstacles and (B) goal-directed behaviors per competitive discipline (coaches: primarily trained discipline) from the perspective of athletes (Study 1) and coaches (Study 2).



Note. Abbreviations: MTB = Mountain biking. NAs were excluded when coaches did not commit to one primarily trained discipline.