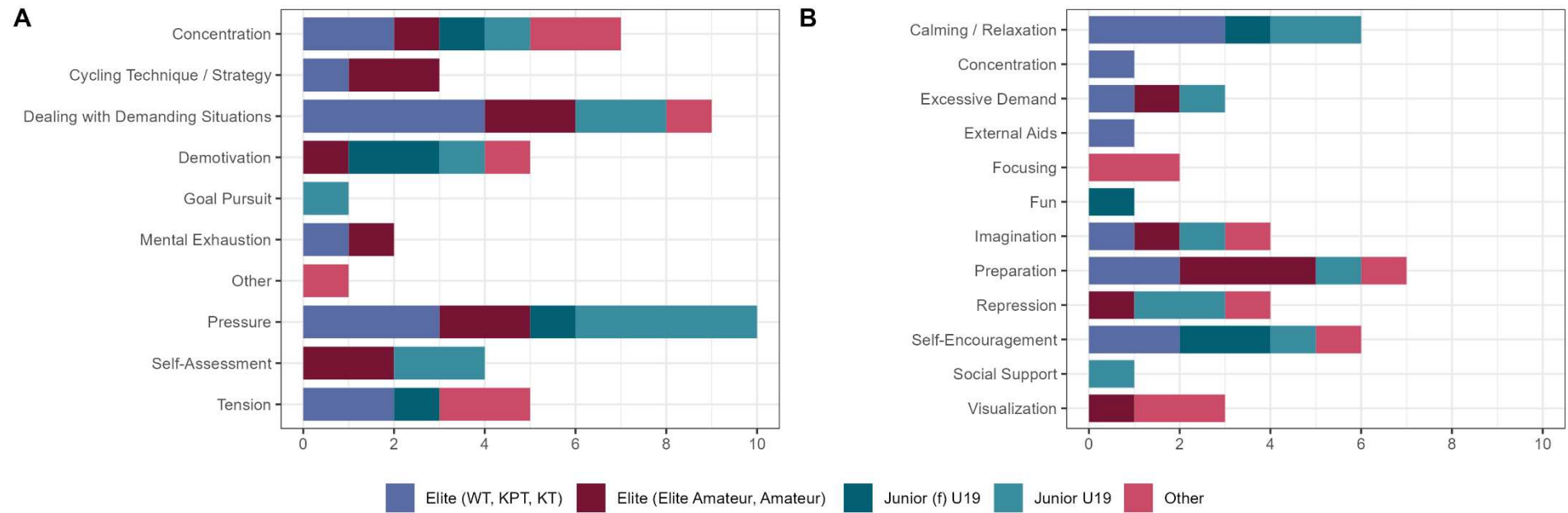


ESM 4. Figure S2. Illustration of the frequencies of (A) athletes' inner obstacles and (B) goal-directed behaviors per performance level.



Note. Abbreviations: WT = World Tour, KPT = Continental Professional Team, KT = Continental Team. As coaches were allowed to indicate multiple performance levels, this graph shows only the athletes' responses as they can be attributed to inner obstacles and goal-directed behaviors.