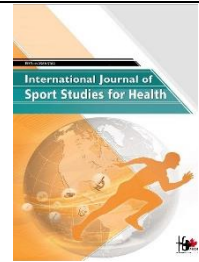


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Examining the Effectiveness of a Mindfulness-Based Training Program on Achievement Motivation, Self-Confidence, and Sports Performance among Novice Football Students in Iraqi Schools

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<p>Pantelis Theo Nikolaidis  School of Health and Caring Sciences, University of West Attica, Athens, Greece l.youzbashi@znu.ac.ir</p>	<p>Reviewer 1: Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com</p> <p>Reviewer 2: Yaghob Badriazarin  Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir</p>

1. Round 1

1.1 Reviewer 1

Reviewer:

The assertion that football "must take root" during adolescence requires further elaboration or evidence to support it. The phrase is somewhat vague; consider specifying the benefits of early involvement in football or referencing studies that emphasize the importance of youth participation in football for long-term success.

While this sentence introduces mindfulness, it would be more informative to elaborate on how mindfulness specifically benefits athletes. Consider discussing the effects of mindfulness on concentration, emotional regulation, and decision-making in sports contexts.

This sentence could be more compelling if you briefly mention the mechanism behind how mindfulness impacts self-efficacy and enjoyment. A quick reference to specific studies demonstrating these outcomes would further strengthen this claim.

The citation of Ajilchi et al. (2019) is a good example, but it would be useful to link it back to the context of football. Does mindfulness training have similar effects on football performance, particularly in skills like passing or shooting?

This is an important point. It would be beneficial to reference a few specific studies or meta-analyses that highlight the scarcity of research on youth athletes, particularly in football, to solidify the claim.

The connection between psychological stress due to war and the potential benefits of football should be further developed. Consider integrating specific studies on the positive impact of football in conflict zones or referencing examples from similar contexts to support the claim.

The inclusion of experience in club-level football is noted, but it might be useful to explain how this level of experience influences the intervention outcomes. Could participants with more or less experience benefit differently from mindfulness training?

It would be helpful to describe the "routine activities" the control group participated in. Were these activities physical, psychological, or a mix of both? Clarifying this will ensure transparency and allow readers to better interpret the results.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

While the sentence provides an overview of the critical factors for success in sports, it would be beneficial to provide more specific definitions or explanations of these factors. For example, what constitutes "optimal performance"? Citing studies that show the interplay between these abilities would strengthen this point.

This sentence would benefit from more clarity on the importance of these tasks in relation to performance outcomes. For instance, linking the mention of these tasks to how they influence individual or team performance might help clarify the point.

The sentence could be revised to specify the role of each motor skill (passing, dribbling, shooting) in different contexts of the game (e.g., offensive, defensive, or transition phases). Providing examples would help the reader understand the application of these skills in varying game scenarios.

This sentence could benefit from a more detailed explanation of how self-confidence specifically influences performance. Perhaps incorporating relevant theoretical models or empirical studies on the role of self-confidence in sports performance would provide greater depth.

The term "optimize" is somewhat vague. Consider specifying which psychological skills are most influential in optimizing performance and providing a concrete example of how athletes apply these skills.

While the positive impact is clear, providing a more detailed explanation of how achievement motivation was measured (e.g., scales, questionnaires) and why it is particularly important in sports psychology would be beneficial.

The shift from unconscious to conscious processing should be explained in more detail. What cognitive or neural processes are involved in this shift? Providing some theoretical background could make this statement more robust.

The alignment with previous studies is valuable; however, it would be helpful to briefly summarize these studies' methodologies or outcomes. This will help contextualize your results within the broader body of literature.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.