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## Handball Performance Optimization: Anthropometric and Physical Factors Related with Shoot Speed

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E d i t o r	R e v i e w e r s
Özgür Eken  Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	<b>Reviewer 1:</b> Mohammadreza Zarbakhsh Bahri  Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir <b>Reviewer 2:</b> Yaghob Badriazarin  Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran

### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

The sentence “However, the relationship between these variables remains inconsistent in the literature...” would benefit from a clearer identification of which variables are being referred to. Please specify.

The sentence “No significant differences were observed in bone lengths or physical performance tests...” contradicts later statements in the same paragraph which mention trends in grip strength. Please clarify.

“Height demonstrated an increasing trend in the U-21 group, reaching marginal significance ( $p = 0.052$ )” – This p-value is technically not significant. Consider rephrasing to avoid implying a significant trend.

The paragraph beginning “The axial coding process...” is thematically inconsistent with the rest of the paper. It discusses sleep disturbances and injuries, which are not part of this study. It should be removed or justified if this is a formatting error.

Regression models are not sufficiently described. For example, it is unclear why BMI is included in the female model but not in the male model. Please clarify the criteria used for stepwise inclusion of variables.

The sentence “These findings suggest that as players mature physically and gain experience...” could be strengthened by linking it to physical maturation stages or puberty-related variables.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

The hypothesis is overly broad. You state, “Based on existing literature, the authors hypothesized that shot speed would be positively correlated with hand grip strength and certain anthropometric variables...” Please narrow this to specific variables and consider rephrasing to form a testable hypothesis.

The statement “Study sample was composed by 109 men...” contains a grammatical error. It should read “composed of 109 men.” Please revise.

The instruction that “at least one foot remained in contact with the ground” could impact shooting velocity. Please discuss this limitation or justify why this restriction was implemented.

While normality testing was conducted, there is no mention of homogeneity of variance checks, which are essential when using ANOVA. Please include this or explain why it was omitted.

The number of participants in each subgroup model (e.g., U-16 men, U-21 women) is missing in the table. Please add the sample size for transparency.

You state “These results align with previous research emphasizing the role of these factors in generating force...” – Please reference specific studies mentioned earlier for consistency and support.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.