CODEBOOK FOR THE RAW DATABASE

Subject = Participant

Group:

* 1= Those subjects who followed constant training
* 2= Those subjects who followed variable training
* 3= Those subjects who followed constant training at first, and once they stabilized their performance, they started training variable.

Initial Variability :

* 1 = Low initial intrinsic variability
* 2 = High initial intrinsic variability

For the rest of the columns, all the variables are named with words formed by the nest parts:

1: MOMENT OF MEASURE

* Pre\_ = Values corresponding to the pre-test series
* PreVar = Values corresponding to the constant training series prior to the variable ones (only in group 3 subjects)
* PostVar = Values corresponding to the first variable training series (only in group 3 subjects)
* Post\_ = Values corresponding to the post-test series
* Retest1\_ = Values corresponding to the first retention test series
* Retest2\_ = Values corresponding to the second retention test series

2: OUTCOME

* M = Mean values of the measures
* SD = Standard Deviation values of the measures

3: VARIABLE MEASURED

* EAX = Absolute error (distance between the ball and the target).
* DM = Distance between the target and the delimited area in the moment of impact.
* BM = Distance between the ball and the delimited area in the moment of impact.

EXAMPLE:

PreVarSDEAX = SD value of the absolute error obtained by the participant in the constant training series before the application of variability (only in group 3 participants).