

References

- Balabas, D. G., Christoulas, K., Stefanidis, P., Vamvakoudis, E., & Bampouras, T. M. (2018). The effect of beach volleyball training on muscle performance of indoor volleyball players. *The Journal of Sports Medicine and Physical Fitness*, 58(9). <https://doi.org/10.23736/S0022-4707.17.07162-6>
- Balabas, D. G., Vamvakoudis, E., Christoulas, K., Stefanidis, P., Prantsidis, D., & Evangelia, P. (2013). The effect of beach volleyball training on running economy and VO₂max of indoor volleyball players. *Journal of Physical Education and Sport*, 13(1), 33–38.
- Baumeister, R. F., Bratslavsky, E., Muraven, M., & Tice, D. M. (1998). Ego Depletion: Is the Active Self a Limited Resource? In *Self-regulation and self-control: Selected works of Roy Baumeister* (1st ed.). Routledge, Taylor & Francis Group.
- Concu, A., Marcello, C., Rocchitta, A., Ciutu, C., & Esposito, A. (1992). Telemetric measurement of heart-rate-matched oxygen consumption during volleyball games. *Telemetric Measurement of Heart-Rate-Matched Oxygen Consumption during Volleyball Games*, 20(7), 243–245.
- Coniglio, C. L., Smith, A., Bursais, A., Kirkpatrick, J., Taylor, J., & Gentles, J. A. (2018). *Training Loads of a Division I Conference Volleyball Tournament*. 6.
- Debien, P. B., Mancini, M., Coimbra, D. R., de Freitas, D. G. S., Miranda, R., & Bara Filho, M. G. (2018). Monitoring Training Load, Recovery, and Performance of Brazilian Professional Volleyball Players During a Season. *International Journal of Sports Physiology and Performance*, 13(9), 1182–1189. <https://doi.org/10.1123/ijspp.2017-0504>
- Englert, C. (2017). Ego depletion in sports: Highlighting the importance of self-control strength for high-level sport performance. *Current Opinion in Psychology*, 16, 1–5. <https://doi.org/10.1016/j.copsyc.2017.02.028>
- Giusti, N. E., Carder, S. L., Vopat, L., Baker, J., Tarakemeh, A., Vopat, B., & Mulcahey, M. K. (2020). Comparing Burnout in Sport-Specializing Versus Sport-Sampling Adolescent Athletes: A Systematic Review and Meta-analysis. *Orthopaedic Journal of Sports Medicine*, 8(3), 232596712090757. <https://doi.org/10.1177/2325967120907579>
- Harris, B. S., & Watson, J. C. (2014). Developmental Considerations in Youth Athlete Burnout: A Model for Youth Sport Participants. *Journal of Clinical Sport Psychology*, 8(1), 1–18. <https://doi.org/10.1123/jcsp.2014-0009>

- Lejeune, T. M., Willems, P. A., & Heglund, N. C. (1998). Mechanics and energetics of human locomotion on sand. *Journal of Experimental Biology*, *201*(13), 2071–2080. <https://doi.org/10.1242/jeb.201.13.2071>
- Lupo, C., Ungureanu, A. N., & Brustio, P. R. (2020). Session-RPE is a valuable internal loading evaluation method in beach volleyball for both genders, elite and amateur players, conditioning and technical sessions, but limited for tactical training and games. *Kinesiology*, *52*(1), 30–38. <https://doi.org/10.26582/k.52.1.4>
- Magalhães, J., Inácio, M., Oliveira, E., Ristö, J., & Ascensao, A. (2011). Physiological and neuromuscular impact of beach-volleyball with reference to fatigue and recovery. *Journal of Sports Medicine and Physical Fitness*, *51*(1), 66–73.
- Vitale, J. A., Banfi, G., Galbiati, A., Ferini-Strambi, L., & La Torre, A. (2019). Effect of a Night Game on Actigraphy-Based Sleep Quality and Perceived Recovery in Top-Level Volleyball Athletes. *International Journal of Sports Physiology and Performance*, *14*(2), 265–269. <https://doi.org/10.1123/ijsp.2018-0194>