

# An Overview of Caffeine's Impact on Team Ball Sport Performance: Dosing, Gender Differences, and Physiological Considerations

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**E d i t o r**

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## 1. Round 1

### 1.1 Reviewer

Date: 23 December 2023

For author and editor,

#### **Comments**

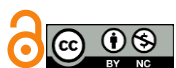
**Overall, the mini-review provides a comprehensive overview of the relationship between caffeine and team ball sports performance. Here are some comments to further enhance the quality of the mini-review:**

#### **Title:**

Consider revising the title for better clarity. For example, "Caffeine and Performance in Team Ball Sports: A Comprehensive Review."

#### **introduction:**

Condense information in the introduction for a more impactful start, focusing on key points to maintain reader engagement.



**Pharmacokinetics of Caffeine:**

Clarify the source of data in parentheses, such as the citation for "Carrilo & Benitez, 2000," to enhance credibility.

**Mechanism:**

Provide a clearer transition between the general mechanisms of caffeine and its specific effects on performance. Integrate information on the duration of caffeine's effects.

**Caffeine and Team Ball Sports:**

Organize the section into subsections for better readability, focusing on different aspects of team sports performance (e.g., speed, agility, vertical jump).

**Conclusion:**

Summarize key findings in the conclusion and emphasize the practical implications for coaches and athletes.

**Future Research Directions:**

Explicitly outline specific areas that require further investigation, such as the optimal timing for caffeine intake and the impact of genetic variability.

**2. Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.