

CONTENTS

REVIEW ARTICLE

- Influence of caffeine supplementation on bench press performance – review** 69
Mateusz Halz, Magdalena Kaszuba, Dawid Gawel, Jakub Jarosz, Patryk Matykiewicz, Marta Bichowska
- Acute impact of blood flow restriction during resistance exercise – review** 83
Dawid Gawel, Jakub Jarosz, Patryk Matykiewicz, Magdalena Kaszuba, Robert Trybulski
- Evaluation of cerebral cortex activation during balance tasks using fNIRS: a systematic review**..... 93
Abhinav Sathe, Shweta Shenoy, Prachi Khandekar Sathe

ORIGINAL ARTICLE

- How did athletes train and avoid injuries during the COVID-19 quarantine period?**..... 109
Wesam Saleh A. Al Attar, Mohamed A. Husain
- Association between team sports and anxiety with reaction time of individuals with visual impairment versus individuals with normal vision** 117
Georgia Stavropoulou, Nikolaos Stavropoulos
- Could socks play an active role in ankle sprain prevention? A preliminary investigation** 127
Rui M. Torres, Inês Mesquita
- Relationships between the technique index and performance in 60-m hurdle indoor races in elite male heptathletes** 137
Victoria Kaisidou, Leonidas Gaitanidis, Vassilios Panoutsakopoulos
- The effect of cannabidiol (CBD) on simple and complex reaction times** 147
Martin Škopek, Josef Heidler, Jan Hnizdil, Jiří Šulc
- Variations of technical actions among playing positions in male high level volleyball** 153
Ricardo Franco Lima, Francisco Caleiro, Filipe Manuel Clemente
- Expecting to teach promotes motor learning of a golf putting task in children**..... 159
Mohammad Salehi, Esmaeel Saemi, Mohammadreza Doustan

INSTRUCTIONS FOR AUTHORS 165