Figure 1: Flow chart of the progress through the phases of the study according to the CONSORT statements.

**bCT group**

Allocated to intervention (n=12)

 Received allocated intervention (n=12)

 Did not receive allocated intervention (give reasons) (n=0)

**CT group**

Allocated to intervention (n=12)

 Received allocated intervention (n=12 )

 Did not receive allocated intervention (give reasons) (n= 0)

Lost to follow-up (n=1)

Discontinued intervention (left the training centre for personal reasons) (n=1)

## Follow-Up

Analysed (n=12)  
 Excluded from analysis (n=0)

## Analysis

Analysed (n=11)  
 Excluded from analysis (n=0)

Lost to follow-up (n= 0)

Discontinued intervention (n=0)

## Enrollment

## Allocation

Randomized (n=24)

Excluded (n=0)

  Not meeting inclusion criteria (n=0)

  Declined to participate (n=0)

  Other reasons (n=0)

Assessed for eligibility (n=24)



Figure 2: Changes in reactive strength index (RSI) following 8 weeks of complex training (CT) or combined balance and complex training (bCT) in young female handball players.

Grey line: Pre-to-post individual outcomes

Black line: Pre-to-post mean of the group



Figure 3: Changes in Y-balance test score following 8 weeks of complex training (CT) or combined balance and complex training (bCT) in young female handball players.

Grey line: Pre-to-post individual outcomes

Black line: Pre-to-post mean of the group