

Table S1: Detailed search strategy.**Searched on December 6, 2023**

| Databases | Search strategy | Results |
|--|---|----------------|
| Web of Science (1964 – December 2023) | (AB=("motor imagery" OR "mental training" OR "movement imagery" OR "mental practice" OR "mental simulation" OR "cognitive training" OR "mental imagery" OR "mental rehearsal" OR "mental movements" OR "visual imagery")) AND AB=(tennis) | 94 |
| PubMed (1996 – December 2023) | ("motor imagery"[Title/Abstract] OR "mental training"[Title/Abstract] OR "movement imagery"[Title/Abstract] OR "mental practice"[Title/Abstract] OR "mental simulation"[Title/Abstract] OR "cognitive training"[Title/Abstract] OR "mental imagery"[Title/Abstract] OR "mental rehearsal"[Title/Abstract] OR "mental movements"[Title/Abstract] OR "visual imagery"[Title/Abstract]) AND (tennis[Title/Abstract]) | 42 |
| SPORTDiscus (1984 - December 2023) | AB ("motor imagery" OR "mental training" OR "movement imagery" OR "mental practice" OR "mental simulation" OR "cognitive training" OR "mental imagery" OR "mental rehearsal" OR "mental movements" OR "visual imagery") AND AB tennis | 66 |
| SCOPUS (2004 – December 2023) | TITLE-ABS-KEY ("motor imagery" OR "mental training" OR "movement imagery" OR "mental practice" OR "mental simulation" OR "cognitive training" OR "mental imagery" OR "mental rehearsal" OR "mental movements" OR "visual imagery") AND TITLE-ABS-KEY (tennis) | 78 |
| Total | | 280 |