

Table S1: Individual success rate throughout the training for the single-task – Cohen’s $d = 1.81$ (1st and 5th session; large effect size)

	Sessions					
		1st	2nd	3rd	4th	5th
Subjects	S01	19.44%	5.56%	22.22%	33.33%	72.22%
	S02	55.56%	44.44%	66.67%	77.78%	100.00%
	S03	52.78%	61.11%	61.11%	55.56%	72.22%
	S04	2.78%	16.67%	33.33%	27.78%	66.67%
	S05	58.33%	72.22%	66.67%	61.11%	72.22%

Table S2: Individual final distance from the target throughout the training for the single-task (mean \pm standard error in points) – Cohen’s $d = 1.75$ (1st and 5th session; large effect size)

	Sessions					
		1st	2 nd	3rd	4th	5th
Subjects	S01	34.48 \pm 4.57	50.02 \pm 11.44	33.15 \pm 5.88	16.93 \pm 3.82	9.01 \pm 2.93
	S02	19.61 \pm 3.52	17.56 \pm 4.99	15.41 \pm 5.09	6.44 \pm 1.54	3.80 \pm 0.68
	S03	15.80 \pm 3.11	14.68 \pm 4.43	14.89 \pm 4.63	21.45 \pm 5.35	6.96 \pm 1.59
	S04	32.56 \pm 4.80	21.72 \pm 4.25	17.32 \pm 3.60	22.41 \pm 5.19	8.99 \pm 3.55
	S05	8.31 \pm 1.47	8.32 \pm 2.35	10.83 \pm 3.49	3.65 \pm 0.40	3.47 \pm 0.41

Table S3: Individual success rate throughout the training for the dual-task – Cohen’s $d = 3.53$ (2st and 5th session)

	Sessions				
		2nd	3rd	4th	5th
Subjects	S01	5.56%	22.22%	55.55%	61.11%
	S02	50.00%	55.56%	83.33%	83.33%
	S03	33.33%	50.00%	44.44%	66.67%
	S04	22.22%	38.89%	50.00%	61.11%
	S05	72.22%	55.56%	72.22%	100.00%

Table S4: Individual final distance from the target throughout the training for the dual-task (mean \pm standard error in points) – Cohen’s $d = 1.13$ (1st and 5th session; large effect size)

	Sessions				
Subjects		2nd	3rd	4th	5th
	S01	63.37 \pm 9.33	33.52 \pm 5.95	6.25 \pm 1.20	7.84 \pm 1.74
	S02	25.85 \pm 7.54	14.18 \pm 4.39	7.90 \pm 3.51	8.37 \pm 3.47
	S03	22.94 \pm 5.28	16.38 \pm 5.84	21.88 \pm 6.34	9.96 \pm 4.00
	S04	29.29 \pm 6.06	23.80 \pm 5.54	12.26 \pm 3.27	13.85 \pm 3.78
	S05	11.51 \pm 3.20	11.04 \pm 3.19	4.26 \pm 1.06	4.23 \pm 0.45