

## SUPPLEMENTARY DOCUMENTATION

### Details of the high-intensity training session

The training session when the players were analyzed was one of the typical session that the team conducted through the session.

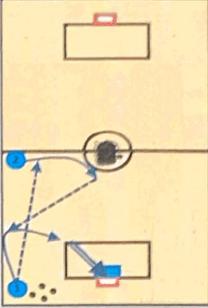
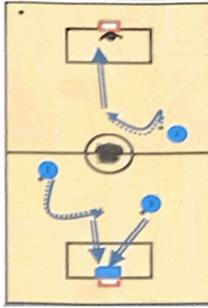
9 players participated in the training, despite only 7 were analyzed, since the other 2 did not meet the inclusion criteria.

The total amount of the session lasted 2 hour and a half approximately. The session was divided in three parts: Warm-up, main part and cooling down.

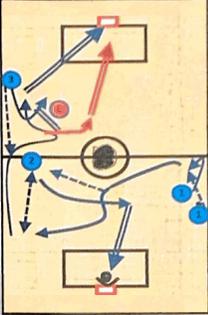
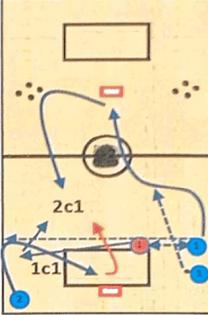
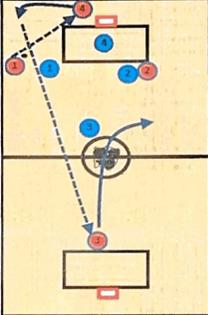
The purposes of the training session were:

- 3 x 1
- Possession
- Transition to side entry

Players rested 2 minutes between exercises and 1 minute between series of the same exercise.

23' (including rests)		WARM – UP		
10'	<b>INDIVIDUAL TECHNIQUE (Figure 1)</b> <ul style="list-style-type: none"> <li>• Free skating [1]</li> <li>• Possession 4 vs 4 + 1 joker (half of the pitch) [2]</li> </ul>			
6'	<b>INDIVIDUAL TECHNIQUE (Figure 2)</b> <ul style="list-style-type: none"> <li>• Return the ball to 8 + 1 teammate dragging</li> </ul>			
5'	<b>WARMING-UP GOALKEEPER + INDIVIDUAL TECHNIQUE (Figure 3)</b> <ul style="list-style-type: none"> <li>• Free shot prior to technical gesture</li> </ul>			
	 <p style="text-align: center;">Figure 1</p>	 <p style="text-align: center;">Figure 2</p>	 <p style="text-align: center;">Figure 3</p>	

110' (including rests)		MAIN PART		
4 x 5' [1,2,1,2]	<b>INDIVIDUAL TECHNIQUE (Figure 4)</b> <ul style="list-style-type: none"> <li>• Forcing in the rotation of 3 to drop + Ball up by diagonal + Shot [1]</li> <li>• Transition to side entry + shot (Another half pitch) [2]</li> </ul>			
2 x 7'	<b>INDIVIDUAL TECHNIQUE (Figure 5)</b> <ul style="list-style-type: none"> <li>• Passing + go through the fence. 1 vs 1 (Half pitch)</li> <li>• 1 teammate in another half-pitch</li> <li>• + 2 vs 1 (1 v 1 attacker now defends 2 vs 1)</li> </ul>			
2 x 7'	<b>COLLECTIVE TACTICS (Figure 6)</b> <ul style="list-style-type: none"> <li>• Looking for side entry</li> </ul>			

2 x 7'	<b>POSSESSING TASK (Figure 7)</b> <ul style="list-style-type: none"> <li>• 4 vs 4. 7 static + 1 open</li> <li>• Go to the goal + transition/counter-attack. Attack 4 vs 4 + 1 counterattack</li> </ul>	
4 x 7'	<b>SIMULATION MATCH (Figure 8)</b> <ul style="list-style-type: none"> <li>• 4 vs 4</li> <li>• 5 minutes break between the second and the third match.</li> </ul>	
 <p data-bbox="428 705 519 732"><b>Figure 4</b></p>	 <p data-bbox="786 705 876 732"><b>Figure 5</b></p>	 <p data-bbox="1130 705 1221 732"><b>Figure 6</b></p>
 <p data-bbox="428 1058 519 1085"><b>Figure 7</b></p>	 <p data-bbox="786 1058 876 1085"><b>Figure 8</b></p>	

17' (including rests) <b>COOLING DOWN</b>	
5'	<ul style="list-style-type: none"> <li>• Free shooting to the goalkeeper</li> </ul>
5'	<ul style="list-style-type: none"> <li>• Stretching</li> </ul>
5'	<ul style="list-style-type: none"> <li>• Foam rolling</li> </ul>