

## 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.

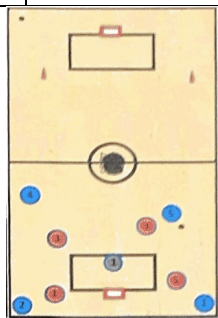
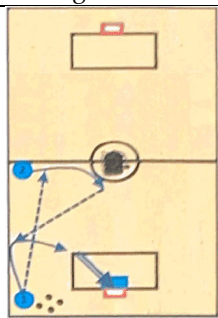

9 players participated in the training, despite only 7 were analyzed, since the other 2 did not meet the inclusion criteria.

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.

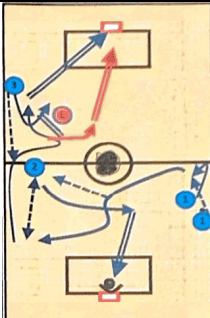
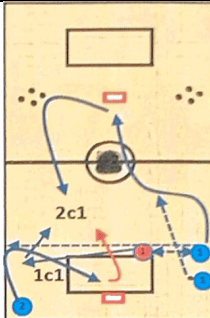

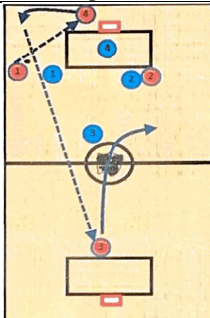

The purposes of the training session were:

- 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>				
					
	Figure 1		Figure 2		Figure 3

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>	
		
<b>Figure 4</b>		
		
<b>Figure 5</b>		
		
<b>Figure 6</b>		
		
<b>Figure 7</b>		
		
<b>Figure 8</b>		

17' (including rests)		COOLING DOWN
5'	•	Free shooting to the goalkeeper
5'	•	Stretching
5'	•	Foam rolling