

Questionnaire S1. Questionnaire to quantify the Mental Load in Team Sports (QMLST)

	0	1	2	3	4	5	6	7	8	9	10
RPE	Rest	Very, very easy	Easy	Moderate	Somewhat hard	Hard		Very hard			Maximal
COGNITIVE LOAD	No effort perceived										Maximun effort perceived
AFFECTIVE LOAD	No effort perceived										Maximun effort perceived
EMOTIONAL LOAD	No effort perceived										Maximun effort perceived