

Table S1. Descriptive analysis and comparison between the context according to the FC

Variables		FC1.0							
		Training		Match		t	df	p	d
		\bar{X}	SD	\bar{X}	SD				
Kinematics External Load	Distance/min	43,700	12,607	90,685	32,099	-4,394	24	0,000*	1,771
	Explosive distance/min	2,744	1,056	5,201	1,755	-3,982	24	0,001*	1,605
	Accelerations/min	19,661	4,197	73,832	32,754	-5,164	24	0,000*	2,082
	Desaccelerations/min	19,689	4,178	74,456	33,544	-5,100	24	0,000*	2,056
	High Speed Running/min	2,985	3,061	0,000	0,000	3,951	24	0,001*	1,593
	Maximum acceleration	3,134	0,418	3,203	0,918	-0,221	24	0,827	0,089
	Maximum deceleration	-3,614	0,408	-3,519	0,514	-0,492	24	0,627	0,198
	Average speed	5,152	0,153	3,996	1,208	2,988	24	0,006*	1,205
	Maximum speed	13,718	0,331	12,103	3,215	1,571	24	0,129	0,633
Neuromuscular External Load	PlayerLoad/min	0,628	0,181	1,279	0,448	-4,355	24	0,000*	1,755
	Impacts/min	45,705	31,128	114,265	73,323	-2,787	24	0,010*	1,124
Objective Internal Load	Average HR	122,188	23,384	137,400	18,602	-1,738	24	0,095	0,701
	Maximum HR	146,000	31,619	163,000	16,560	-1,563	24	0,131	0,630
	% maximum HR	69,650	14,471	74,820	9,102	-1,008	24	0,324	0,406

\bar{X} : Mean, SD: standard deviation; * $p < 0.05$; ES: effect size; Acc: acceleration; Dcc: deceleration; HSR: high-speed running; HR: heart rate; PL: player load.

Table S2. Descriptive analysis and comparison between the context according to the FC

Variables		FC2.0							
		Training		Match		t	df	p	d
		\bar{X}	SD	\bar{X}	SD				
Kinematics External Load	Distance/min	55,272	4,139	79,695	56,271	-1,224	14	0,241	0,612
	Explosive distance/min	4,251	0,743	5,926	4,804	-0,975	14	0,346	0,488
	Accelerations/min	22,951	4,692	69,576	21,304	-6,045	14	0,000*	3,023
	Desaccelerations/min	14,854	7,830	69,714	21,568	-6,762	14	0,000*	3,381
	High Speed Running/min	0,000	0,000	0,000	0,000				
	Maximum acceleration	4,858	2,607	3,034	0,944	1,860	14	0,084	0,930
	Maximum deceleration	-4,830	2,739	-3,088	0,711	-1,742	14	0,103	0,871
	Average speed	4,543	1,261	3,483	1,502	1,529	14	0,149	0,764

	Maximum speed	16,383	6,937	10,446	4,685	2,006	14	0,065	1,003
Neuromuscular External Load	PlayerLoad/min	0,722	0,089	1,659	1,623	-1,631	14	0,125	0,815
	Impacts/min	105,366	64,177	180,600	167,272	-1,188	14	0,255	0,594
Objective Internal Load	Average HR	117,125	19,766	130,250	5,312	-1,814	14	0,091	0,907
	Maximum HR	151,250	26,677	161,750	3,732	-1,103	14	0,289	0,551
	% maximum HR	67,838	11,194	68,475	5,409	-0,145	14	0,887	0,073

\bar{X} : Mean, SD: standard deviation; * $p < 0.05$; ES: effect size; Acc: acceleration; Dcc: deceleration; HSR: high-speed running; HR: heart rate; PL: player load.

Table S3. Descriptive analysis and comparison between the context according to the FC

Variables		FC2.5							
		Training		Match		t	df	p	d
		\bar{X}	SD	\bar{X}	SD				
Kinematics External Load	Distance/min	67,806	11,729	104,393	44,107	-4,535	62	0,000*	1,134
	Explosive distance/min	5,947	1,833	9,927	5,133	-4,131	62	0,000*	1,033
	Accelerations/min	27,196	3,404	81,018	37,729	-8,037	62	0,000*	2,009
	Desaccelerations/min	20,717	3,284	81,472	38,098	-8,988	62	0,000*	2,247
	High Speed Running/min	6,723	4,492	3,785	8,126	1,790	62	0,078	0,448
	Maximum acceleration	3,693	0,556	3,267	0,455	3,347	62	0,001*	0,837
	Maximum deceleration	-3,578	0,565	-3,630	0,665	0,334	62	0,739	0,084
	Average speed	5,336	0,261	4,149	1,461	4,524	62	0,000*	1,131
	Maximum speed	15,582	1,036	13,013	4,081	3,452	62	0,001*	0,863
Neuromuscular External Load	PlayerLoad/min	0,743	0,230	1,360	1,278	-2,686	62	0,009*	0,671
	Impact/min	179,488	61,678	266,190	204,557	-2,296	62	0,025*	0,574
Objective Internal Load	Average HR	117,677	24,168	139,500	16,024	-4,237	62	0,000*	1,068
	Maximum HR	153,452	31,592	167,750	11,943	-2,390	62	0,020*	0,602
	% maximum HR	68,700	11,644	72,175	8,642	-1,348	62	0,183	0,340

\bar{X} : Mean, SD: standard deviation; * $p < 0.05$; ES: effect size; Acc: acceleration; Dcc: deceleration; HSR: high-speed running; HR: heart rate; PL: player load.

Table S4. Descriptive analysis and comparison between the context according to the FC

Variables		FC3.0							
		Training		Match		t	df	p	d
		\bar{X}	SD	\bar{X}	SD				
Kinematics External Load	Distance/min	63,315	12,491	75,818	44,477	-1,083	30	0,288	0,383
	Explosive distance/min	4,360	0,922	6,290	4,681	-1,618	30	0,116	0,572

	Accelerations/min	26,283	5,044	79,555	35,541	-5,936	30	0,000*	2,099
	Desaccelerations/min	19,938	3,202	80,132	35,725	-6,713	30	0,000*	2,373
	High Speed Running/min	7,644	5,389	0,000	0,000	5,674	30	0,000*	2,006
	Maximum acceleration	3,383	0,607	3,041	0,710	1,461	30	0,155	0,516
	Maximum deceleration	-3,465	0,476	-3,275	0,763	-0,845	30	0,405	0,299
	Average speed	5,341	0,200	3,532	1,690	4,253	30	0,000*	1,504
	Maximum speed	14,901	0,593	10,848	5,366	3,003	30	0,005*	1,062
Neuromuscular External Load	PlayerLoad/min	0,658	0,074	1,257	0,545	-4,359	30	0,000*	1,541
	Impact/min	153,466	25,729	181,715	147,544	-0,754	30	0,456	0,267
Objective Internal Load	Average HR	112,563	24,484	145,000	11,124	-4,825	30	0,000*	1,706
	Maximum HR	146,375	33,850	176,500	10,671	-3,395	30	0,002*	1,200
	% maximum HR	63,138	13,500	74,350	5,894	-3,045	30	0,005*	1,076

\bar{X} : Mean, SD: standard deviation; * $p < 0.05$; ES: effect size; Acc: acceleration; Dcc: deceleration; HSR: high-speed running; HR: heart rate; PL: player load.

Table S5. Descriptive analysis and comparison between the context according to the FC

Variables		FC4.0							
		Training		Match		t	df	p	d
		\bar{X}	SD	\bar{X}	SD				
Kinematics External Load	Distance/min	67,572	13,075	105,180	41,431	-4,698	52	0,000*	1,286
	Explosive distance/min	6,483	1,861	9,701	4,491	-3,566	52	0,001*	0,977
	Accelerations/min	28,344	3,768	67,930	27,308	-7,865	52	0,000*	2,154
	Desaccelerations/min	28,383	3,782	68,270	27,742	-7,803	52	0,000*	2,137
	High Speed Running/min	6,172	5,039	0,000	0,000	5,989	52	0,000*	1,640
	Maximum acceleration	3,638	0,529	3,132	0,467	3,679	52	0,001*	1,008
	Maximum deceleration	-4,058	0,483	-3,620	0,581	-3,029	52	0,004*	0,830
	Average speed	5,292	0,288	4,365	1,270	3,885	52	0,000*	1,064
	Maximum speed	15,264	0,967	13,791	3,777	2,057	52	0,045*	0,563
Neuromuscular External Load	PlayerLoad/min	0,803	0,257	1,868	1,250	-4,558	52	0,000*	1,248
	Impact/min	182,725	66,645	324,159	163,726	-4,314	52	0,000*	1,181
Objective Internal Load	Average HR	121,600	29,008	123,167	24,650	-0,211	52	0,834	0,058
	Maximum HR	143,867	35,025	159,292	28,024	-1,754	52	0,085	0,480
	% maximum HR	62,533	15,713	71,025	13,246	-2,113	52	0,039*	0,579

\bar{X} : Mean, SD: standard deviation; * $p < 0.05$; ES: effect size; Acc: acceleration; Dcc: deceleration; HSR: 1
high-speed running; HR: heart rate; PL: player load. 2

3