

## SUPPLEMENTARY TABLES

TABLE S1. Questionnaire used during the present study.

Questions	Responses	Other information
Q1 – By clicking ‘Yes’, you give your informed consent to your voluntary participation.	Yes, No	
Q2 – How important is the players’ physical development in comparison to matches’ results?	Linear scale from 1 (not important at all) to 10 (very important)	
Q3 – Do you realise a training session on this day?	Yes, No	Duplicate question if additional training/day – Close-ended question
Q4 – What is the duration of the session?	Up to 30 min, More than 30 min and up to 60 min, More than 60 min and up to 90 min, More than 90 min	Duplicate question if additional training/day – Close-ended question
Q5 – How much physical work is done during the training session?	Linear scale from 1 (no physical work at all) to 10 (only physical work)	Duplicate question if additional training/day – Close-ended question
Q6 – What is(are) the physical aim(s) of the training session?	No physical aim, Active recovery, Tapering, Maintenance, Development, Speed, Aerobic, Strength, Prophylactic work	Duplicate question if additional training/day – Close-ended question * Multiple responses
Q7 – How is practiced the main physical work?	Integrated, Dissociated on the field, Dissociated outside of the field, No physical work	Duplicate question if additional training/day – Close-ended question
Q8 – Which exercise(s) is(are) used during this session?	Small sided games, Medium sided games, Large sided games, Rondo, Technical drills, Passing circuit, Football tennis, Aerobic technical drills, Others	If Q7 is ‘Integrated’ Duplicate question if additional training/day – Close-ended question * Multiple responses
Q9 – Which exercise(s) is(are) used during this session?	Upper body strength session, Lower body strength session, Speed, Reactivity, Continuous aerobic work, Intermittent aerobic work, Repeated sprint aerobic work, Plyometric work, Coordination, Others	If Q7 is ‘Dissociated on the field’ or ‘Dissociated outside of the field’ Duplicate question if additional training/day – Close-ended question * Multiple responses
Q10 – What is the duration of this work?	Up to 20 min, More than 20 min and up to 40 min, More than 40 min and up to 60 min, More than 60 min	If Q7 is ‘Integrated’ Duplicate question if additional training/day – Close-ended question
Q11 – What is the expected difficulty of this session?	Linear scale from 1 (very very easy) to 10 (maximal)	Duplicate question if additional training/day – Close-ended question
Q12 – Do you practice another training session on this day?	Yes, No	Duplicate question if additional training/day – Close-ended question
Q13 – In your opinion, what changes could you operate in your weekly periodization, in order to optimize the players’ physical development, and without negatively impacting match performance?		Open-ended question
Q14 – What is the level of your team?	Academy, Professional, Amateur	Close-ended question
Q15 – What is the gender of the players?	Female, Male	Close-ended question
Q16 – Which category do you coach?	Adults, U18/U19, U16/U17, Others	Close-ended question
Q17 – What is your role inside the team?	Coach, Strength and conditioning coach, Others	Close-ended question
Q18 – What is your education?	Bachelor, Master’s degree, Federal education, University diploma, Others	Close-ended question
Q17 – How long have you been coaching?	Up to 1 year, More than 1 year and up to 3 years, More than 3 years and up to 5 years, More than 5 years and up to 10 years, More than 10 years	Close-ended question

**TABLE S2.** Respondents' information.

<b>Gender</b>	
Male	45 (100%)
Female	0 (0%)
<b>Role</b>	
Coach	1 (2.2%)
Strength and conditioning coach	44 (97.8%)
Other	0 (0%)
<b>Education \$</b>	
Bachelor	8 (10.1%)
Master degree	31 (39.2%)
Federal education	18 (22.8%)
Other diploma from University	20 (25.3%)
Other	2 (2.5%)
<b>Experience</b>	
Up to 1 year	0 (0%)
More than 1 year and up to 3 years	8 (17.8%)
More than 3 years and up to 5 years	12 (26.7%)
More than 5 years and up to 10 years	17 (37.7%)
More than 10 years	8 (17.8%)

Values are presented as the number of responses and as the percentage of the total number of answers for the question. Questions with the possibility to give multiple responses (\$).

**TABLE S3.** Periodization improvements.

<b>In your opinion, what changes could you operate in your weekly periodization, in order to optimize the players' physical development, and without negatively impacting match performance? \$</b>	
<b>Number of answers for the question</b>	<b>45</b>
Change the session schedule	3 (6.7%)
Add lower body strength sessions	4 (8.9%)
Improve training load monitoring	2 (4.4%)
Add more sessions / increase training volume	11 (24.4%)
Decrease the number of sessions	1 (2.2%)
Change the physical aim of the days	4 (8.9%)
Add dissociated work	1 (2.2%)
Improve individualisation	3 (6.7%)
Add a training the morning preceding the match	2 (4.4%)
Improve tapering close to the match	2 (4.4%)
No possibility	1 (2.2%)
No response	11 (24.4%)

Values are presented as the number of responses and as the percentage of the total number of answers (n) for the question as reported below the question. Answers were grouped according to their similar nature.

**TABLE S4.** Typical microcycle.

<b>Day</b>	<b>Description</b>
MD+1	Recovery or One 30–60 min training session – Active recovery – Continuous aerobic work – Upper body strength session
MD+2	One 60–90 min aerobic development session – Passing circuit – Small- medium-sided games
MD-4	One/two 60–90 min strength development sessions – Small- sided games – Upper/lower body strength sessions – Plyometric exercises
MD-3	One 60–90 min aerobic/strength development session – Large-sided games – Repeated sprint aerobic exercises
MD-2	One 60–90 min speed session – Small- and medium-sided games – dissociated speed – reactivity
MD-1	One 30–60 min tapering session – small-sided games – reactivity