**Supplementary Table 3.** The number of nutritional supplements participants had with training sessions or match.

|  |  |  |
| --- | --- | --- |
| Session type | COL (*n* = 8) | PLA (*n* = 9) |
| PBS | 11 ± 1 | 12 ± 1 |
| PBS and BWSE | 8 ± 0 | 8 ± 1 |
| PBS and PLY | 7 ± 1 | 8 ± 1 |
| Match | 4 ± 2 | 2 ± 1 |

Data are mean ± SD. *PBS*, pitch-based session; *BWSE*, bodyweight strength exercise; *PLY*, plyometric exercise.