

**Table 1.** Mean ( $\pm$  SD) physical variables across each SSG during the training session, along with qualitative inferences of effect magnitude for all between game number comparisons.

Variable	Game Number						Total	Qualitative inferences for effect magnitude (mean difference; $\pm$ 90% CL)
	1	2	3	4	5	6		
Total Distance (m)	797 $\pm$ 36	736 $\pm$ 48	714 $\pm$ 42	705 $\pm$ 73	730 $\pm$ 60	704 $\pm$ 48	4388 $\pm$ 231	<p><b>Large:</b> 1v4**(-92; <math>\pm</math>29), 1v6** (-93; <math>\pm</math>19), 1v3*(-83; <math>\pm</math>19)  <b>Moderate:</b> 1v5***(-67; <math>\pm</math>31), 1v2** (-61; <math>\pm</math>28)  <b>Small:</b> 2v4** (-31; <math>\pm</math>37), 2v6** (-32; <math>\pm</math>30), 4v5** (+25; <math>\pm</math>39), 5v6** (-26; <math>\pm</math>34), 2v3* (-22; <math>\pm</math>30), 3v5* (+16; <math>\pm</math>34),  <b>Trivial:</b> 2v5 (-6; <math>\pm</math>38), 3v4 (+9; <math>\pm</math>32), 3v6 (-10; <math>\pm</math>24), 4v6 (-1; <math>\pm</math>32),</p>
High Speed Running (m)	15 $\pm$ 10	4 $\pm$ 4	5 $\pm$ 6	7 $\pm$ 9	6 $\pm$ 9	4 $\pm$ 5	41 $\pm$ 30	<p><b>Large:</b> 1v2* (-11; <math>\pm</math>5), 1v6* (-11; <math>\pm</math>4)  <b>Moderate:</b> 1v3** (-10; <math>\pm</math>6), 1v4** (-8; <math>\pm</math>7), 1v5** (-9; <math>\pm</math>7)  <b>Small:</b> 2v4** (+3; <math>\pm</math>4), 2v3* (+1; <math>\pm</math>2), 2v5* (+2; <math>\pm</math>5), 3v4* (+2; <math>\pm</math>4), 3v6* (-1; <math>\pm</math>5), 4v6* (-3; <math>\pm</math>5), 5v6* (-2; <math>\pm</math>4)  <b>Trivial:</b> 2v6 (0; <math>\pm</math>5), 3v5 (+1; <math>\pm</math>5), 4v5 (-1; <math>\pm</math>6)</p>
Player Load (AU)	86 $\pm$ 6	81 $\pm$ 9	80 $\pm$ 6	79 $\pm$ 8	80 $\pm$ 10	77 $\pm$ 7	483 $\pm$ 38	<p><b>Moderate:</b> 1v6*** (-9; <math>\pm</math>3), 1v4** (-7; <math>\pm</math>3), 1v2* (-5; <math>\pm</math>5), 1v3* (-6; <math>\pm</math>3), 1v5* (-6; <math>\pm</math>4),  <b>Small:</b> 2v6** (-4; <math>\pm</math>5), 3v6** (-3; <math>\pm</math>3), 2v4* (-2; <math>\pm</math>5), 3v4* (-1; <math>\pm</math>3), 4v6* (-2; <math>\pm</math>4), 5v6* (-3; <math>\pm</math>4)  <b>Trivial:</b> 2v3 (-1; <math>\pm</math>5), 2v5 (-1; <math>\pm</math>5), 3v5 (0; <math>\pm</math>4), 4v5 (+1; <math>\pm</math>4)</p>

SD, standard deviation; SSG, small-sided game; CL, 90% confidence limits; AU, arbitrary units;

\*25-75 %, possibly; \*\*75-95 %, likely; \*\*\*95-99.5 %, very likely.