**Appendix 1**. Weekly schedule for all subjects (*n* = 14) throughout the 12-week study period.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | Gym Session(Strength) | Gym Session(Power) |  | Gym Session(Strength) | Rest | Club Game | Rest |
| **PM** |  | Field Session(Conditioning) | Field Session (Skills) | Field Session(Skills) |