**Table S4** Half-match physical characteristics of women’s soccer match-play

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Group / Sample** | **Velocity (km∙h-1) or Acceleration (m∙s-2) Thresholds** | **Playing Position** | **Half** | **TD** **(m)** | **TD** **(m∙min-1)** | **HSR** **(m)** | **HSR (m∙min-1)** | **VHSR****(m)** | **SPR** **(m)** | **SPR** **(m∙min-1)** | **Vmax (km∙h-1)** | **ACC (n)** |
| Andersson et al. (2010) [43] | INT | HSR: >15SPR: >25 | All | 1st | 5000 ± 900\* | - | 820 ± 50\* | - | - | 136 ± 3\* | - | - | - |
| 2nd | 4900 ± 1000\* | - | 720 ± 50\* | - | - | 120 ± 3\* | - | - | - |
| DOM D1 | All | 1st | 4900 ± 800\* | - | 710 ± 50\* | - | - | - | - | - | - |
| 2nd | 4800 ± 800\* | - | 620 ± 40\* | - | - | - | - | - | - |
| Bohner et al. (2015) [49] | COL D1 | Sea-level | HSR: >15 | All | 1st | - | 123 ± 8 | - | 28 ± 9 | - | - | - | - | - |
| 2nd | - | 119 ± 9 | - | 27 ± 10 | - | - | - | - | - |
| Altitude | All | 1st | - | 109 ± 8 | - | 25 ± 8 | - | - | - | - | - |
| 2nd | - | 106 ± 7 | - | 25 ± 7 | - | - | - | - | - |
| Bozzini et al. (2020) [50] | COL D1 | In-conference | HSR: 15 - 19.9SPR: >20 | All | 1st | - | 108 ± 9 | - | 11 ± 2 | - | - | 3.2 ± 1.9 | - | - |
| 2nd | - | 99 ± 9 | - | 9 ± 2 | - | - | 2.9 ± 1.8 | - | - |
| Out-conference | All | 1st | - | 109 ± 19 | - | 11 ± 3 | - | - | 3.3 ± 2.8 | - | - |
| 2nd | - | 101 ± 9 | - | 9 ± 2 | - | - | 2.9 ± 1.7 | - | - |
| Bradley et al. (2014) [26] | DOM UEFA CL | HSR: >15 | All | 1st | 5486\*\* | - | 397 ± 19\* | - | - | - | - | - | - |
| 2nd | 5267\*\* | - | 380 ± 19\* | - | - | - | - | - | - |
| CD | 1st | 5230\*\* | - | 294 ± 21\* | - | - | - | - | - | - |
| 2nd | 5007\*\* | - | 308 ± 31\* | - | - | - | - | - | - |
| FB | 1st | 5436\*\* | - | 398 ± 48\* | - | - | - | - | - | - |
| 2nd | 5269\*\* | - | 357 ± 46\* | - | - | - | - | - | - |
| CM | 1st | 5724\*\* | - | 397 ± 25\* | - | - | - | - | - | - |
| 2nd | 5434\*\* | - | 382 ± 31\* | - | - | - | - | - | - |
| WM | 1st | 5595\*\* | - | 461 ± 56\* | - | - | - | - | - | - |
| 2nd | 5334\*\* | - | 470 ± 38\* | - | - | - | - | - | - |
| ATT | 1st | 5423\*\* | - | 566 ± 39\* | - | - | - | - | - | - |
| 2nd | 5344\*\* | - | 485 ± 53\* | - | - | - | - | - | - |
| Gabbett & Mulvey (2008) [34] | INT | Qualitative | All | 1st | 5213 ± 735 | - | - | - | - | - | - | - | - |
| 2nd | 4755 ± 699 | - | - | - | - | - | - | - | - |
| Hewitt et al. (2014) [38] | INT | HSR: >12SPR: >19 | All | 1st | 4936 ± 594 | - | 1244 ± 465 | - | - | 173 ± 114 | - | - | - |
| 2nd | 4695 ± 823 | - | 1163 ± 541 | - | - | 165 ± 137 | - | - | - |
| Mara et al. (2017) [69] | DOM D1 | ACC: >2 | All | 1st | - | - | - | - | - | - | - | - | 219\*\* |
| 2nd | - | - | - | - | - | - | - | - | 207\*\* |
| Mara et al. (2017) [70] | DOM D1 | HSR: 12.24 – 19.44SPR: >19.44ACC: >2 | All | 1st | 5183 ± 427 | - | 1305 ± 106 | - | - | 329 ± 136 | - | - | - |
| 2nd | 4811 ± 387 | - | 1136 ± 101 | - | - | 284 ± 137 | - | - | - |
| Mohr et al. (2008) [44] | Top-Class | HSR: >15SPR >25 | All | 1st | 5280 ± 90\* | - | 910 ± 50\* | - | - | 250 ± 20\* | - | - | - |
| 2nd | 5050 ± 80\* | - | 700 ± 40\* | - | - | 210 ± 10\* | - | - | - |
| High-Level | All | 1st | 5220 ± 90\* | - | 680 ± 60\* | - | - | 200 ± 30\* | - | - | - |
| 2nd | 5210 ± 80\* | - | 620 ± 40\* | - | - | 170 ± 20\* | - | - | - |
| Nakamura et al. (2017) [73] |  | SPR: >20 | All | 1st | - | - | - | - | - | 154 ± 98 | - | - | - |
| 2nd | - | - | - | - | - | 130 ± 88 | - | - | - |
| SPR: >19.37 ± 0.48 | All | 1st | - | - | - | - | - | 190 ± 127 | - | - | - |
| 2nd | - | - | - | - | - | 163 ± 100 | - | - | - |
| Panduro et al. (2021) [74] | DOM D1 | HSR: >15VHSR: >18SPR >25ACC: >3 | CD | 1st | 4663 ± 400 | - | 560 ± 133 | - | 232 ± 56 | 10 ± 11 | - | 25.9 ± 2.0 | 3.8 ± 2.1 |
| 2nd | 4611 ± 394 | - | 528 ± 144 | - | 210 ± 87 | 9 ± 9 | - | 25.5 ± 1.7 | 2.9 ± 2.2 |
| FB | 1st | 5031 ± 405 | - | 768 ± 201 | - | 367 ± 131 | 26 ± 25 | - | 27.0 ± 2.1 | 4.4 ± 3.0 |
| 2nd | 5022 ± 28 | - | 761 ± 195 | - | 350 ± 121 | 19 ± 26 | - | 26.4 ± 1.5 | 3.6 ± 2.4 |
| CM | 1st | 5283 ± 481 | - | 804 ± 252 | - | 328 ± 129 | 17 ± 14 | - | 26.3 ± 1.7 | 5.9 ± 4.4 |
| 2nd | 5193 ± 544 | - | 714 ± 261 | - | 295 ± 134 | 16 ± 20 | - | 25.8 ± 1.9 | 4.1 ± 2.9 |
| EM | 1st | 5283 ± 481 | - | 923 ± 242 | - | 459 ± 158 | 53 ± 52 | - | 27.1 ± 2.0 | 4.8 ± 4.0 |
| 2nd | 4536 ± 524 | - | 863 ± 304 | - | 404 ± 169 | 39 ± 39 | - | 26.4 ± 1.9 | 2.3 ± 1.9 |
| FWD | 1st | 4906 ± 560 | - | 813 ± 173 | - | 383 ± 95 | 28 ± 23 | - | 27.5 ± 2.3 | 7.6 ± 5.1 |
| 2nd | 4839 ± 483 | - | 748 ± 221 | - | 353 ± 146 | 28 ± 24 | - | 27.4 ± 2.0 | 4.6 ± 2.7 |
| Park et al. (2019) [39] | INT | HSR: 12.5 - 19VHSR: 19 – 22.5SPR: >22.5 | All | Mean | - | - | 670 ± 215 | - | 94 ± 37 | 34 ± 18 | - | - | - |
| Principe et al. (2021) [77] | DOM D1 | HSR: 15.98 – 19.98SPR: >19.98ACC: >2  | DEF | 1st | 4347 ± 1124 | - | 320 ± 116 | - | - | 164 ± 83 | - | - | 133 ± 38 |
| 2nd | 3859 ± 1016 | - | 288 ± 102 | - | - | 138 ± 76 | - | - | 119 ± 37 |
| MID | 1st | 4596 ± 1196 | - | 368 ± 150 | - | - | 158 ± 88 | - | - | 139 ± 43 |
| 2nd | 3647 ± 1328 | - | 286 ± 137 | - | - | 119 ± 43 | - | - | 111 ± 46 |
| FWD | 1st | 4465 ± 1040 | - | 327 ± 130 | - | - | 147 ± 105 | - | - | 128 ± 36 |
| 2nd | 3138 ± 1226 | - | 240 ± 113 | - | - | 128 ± 36 | - | - | 92 ± 37 |
| Vescovi (2012) [86] | DOM D1 | SPR: >18 | DEF | 1st | - | - | - | - | - | 278 ± 107 | - | - | - |
| 2nd | - | - | - | - | - | 262 ± 131 | - | - | - |
| MID | 1st | - | - | - | - | - | 232 ± 95 | - | - | - |
| 2nd | - | - | - | - | - | 211 ± 108 | - | - | - |
| FWD | 1st | - | - | - | - | - | 366 ± 100 | - | - | - |
| 2nd | - | - | - | - | - | 287 ± 113 | - | - | - |
| Vescovi (2014) [40] | U17 DOM  | HSR: 15.6 – 20SPR: >20 | All | 1st | 4322 ± 484 | 108 ± 12 | 345 ± 120 | - | - | 134 ± 77 | - | 24.9 ± 2.3 | - |
| 2nd | 4236 ± 422 | 104 ± 12 | 314 ± 116 | - | - | 100 ± 66 | - | 25.5 ± 1.9 | - |
| U16 DOM  | All | 1st | 4084 ± 444 | 102 ± 8 | 314 ± 111 | - | - | 95 ± 71 | - | 25.1 ± 1.6 | - |
| 2nd | 3941 ± 397 | 99 ± 8 | 296 ± 111 | - | - | 89 ± 63 | - | 24.6 ± 1.6 | - |
| U15 DOM  | All | 1st | 3480 ± 428 | 86 ± 10 | 224 ± 106 | - | - | 44 ± 70 | - | 23.2 ± 2.0 | - |
| 2nd | 3478 ± 395 | 85 ± 13 | 234 ± 109 | - | - | 31 ± 60 | - | 23.7 ± 2.0 | - |
| U15 - U17 DOM  | DEF | 1st | 3946 ± 464 | 99 ± 15 | 298 ± 112 | - | - | 99 ± 67 | - | 25.1 ± 2.2 | - |
| 2nd | 3831 ± 419 | 96 ± 7 | 292 ± 112 | - | - | 89 ± 60 | - | 24.8 ± 1.5 | - |
| MID | 1st | 4281 ± 465 | 107 ± 10 | 313 ± 110 | - | - | 71 ± 70 | - | 23.9 ± 2.0 | - |
| 2nd | 4170 ± 420 | 103 ± 10 | 287 ± 110 | - | - | 59 ± 60 | - | 23.9 ± 2.0 | - |
| FWD | 1st | 4045 ±464 | 101 ± 11 | 363 ± 110 | - | - | 150 ± 71 | - | 25.8 ± 2.0 | - |
| 2nd | 3907 ± 416 | 97 ± 11 | 302 ± 110 | - | - | 125 ± 103 | - | 26.1 ± 1.7 | - |
| Vescovi & Favero (2014) [41] | COL D1 | HSR: 15.6 – 20SPR: >20 | DEF | 1st | 4878 ± 339  | 100 ± 9 | 384 ± 115 | - | - | 131 ± 60 | - | - | - |
| 2nd | 4618 ± 452 | 96 ± 9 | 364 ± 116 | - | - | 135 ± 67 | - | - | - |
| MID | 1st | 5186 ± 340  | 106 ± 9 | 384 ± 119  | - | - | 87 ± 58 | - | - | - |
| 2nd | 4939 ± 453 | 103 ± 11 | 378 ± 116 | - | - | 110 ± 67 | - | - | - |
| FWD | 1st | 5232 ± 342 | 107 ± 7 | 475 ± 114 | - | - | 146 ± 58 | - | - | - |
| 2nd | 5065 ± 453 | 106 ± 10 | 454 ± 115 | - | - | 193 ± 66 | - | - | - |
| Wells et al. (2015) [89] | COL D1 | Regular season | HSR: 15.96 - 21.9SPR >22 | All | 1st | 3862 ± 560 | 105 ± 12 | 284 ± 78 | 8 ± 2 | - | 45 ± 46 | 1.2 ± 1.3 | 23.7 ± 2.2 | - |
| 2nd | 3620 ± 454 | 98 ± 17 | 273 ± 63 | 8 ± 3 | - | 42 ± 35 | 1.2 ± 1.1 | 22.9 ± 1.9 | - |
| Post-season | All | 1st | 4337 ± 397 | 99 ± 11 | 325 ± 85 | 7 ± 2 | - | 51 ± 52 | 1.1 ± 1.1 | 24.2 ± 1.5 | - |
| 2nd | 3864 ± 418 | 98 ± 19 | 278 ± 62 | 7 ± 2 | - | 34 ± 33 | 0.8 ± 0.8 | 23.0 ± 3.5 | - |

Data presented as mean ± SD or mean (90% CI). \*Data presented as mean ± SE. \*\* mean calculated from available data. TD=total distance; HSR=high-speed running; VHSR=very high-speed running; SPR=sprinting; Vmax=maximum velocity; ACC=accelerations. Qualitative VT = High-Speed Running “striding; movement is similar to jogging but involves a longer stride and more pronounced arm swing”; Sprinting “maximal effort with a greater extension of the lower leg during forward swing and higher heel lift relative to striding”. Sample/Group: COL=college; DOM=domestic; INT=international; U=Under; D=division; UEFA CL=UEFA Champions League. Playing Position: DEF=defender; CB=centre back; CD=central defender; FB=full-back; MID=midfield; CM=central midfield; WM=wide midfield; ATT=attacker; FWD=forward.