Supplementary Material

ATTACHED FILE I. List of items

1. Atl, H., Köklü, Y., Alemdaroglu, U., & Koçak, F. Ü. (2013). A comparison of heart rate response and frequencies of technical actions between half-court and full-court 3-a-side games in high school female basketball players. *The Journal of Strength Conditioning Research 27*(2), 352-356.

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	STUDY	PARTICIPANTS	YEAR	LEVEL	GOAL	SAMPLE	LOAD	INSTRUMENTS	VARIABLES
						Table S1. Summary of articles			
1	**Atl et al. (2013)**	12 female basketball players	U16 (15.56±05 years)	State	Training	half-court and full-court 3-a-Side training games	Internal	Heart rate band (Polar Team Sport System)	% Heart rate peak
2	**Batalla et al. (2018)**	10 female basketball players	Senior (21.3±2.71 years)	State	Competition	10 official games	Internal	Heart rate band (Suunto Team Pack®)	% Heart rate peak
3	**Conte et al. (2015)**	12 female basketball players	Senior (27±6.4 years)	National	Competition	5 official games	External	Video recordings (Sony HD AVCHD HDR CX115)	Activity categories (Standing/walking, jogging, running, sprinting, jumping, low, moderate and high-intensity-specific movements)
4	**Cruz et al. (2018)**	10 young female basketball players	U18 (17.2±0,4)	State	Training	9-weeks training	Internal and external	RPE TQR CMJ	
5	**Delextrat et al. (2015)**	42 female basketball players belonging to six teams	Senior (25.9±4.3)	National	Competition	3 official games from each team	External	Video recordings (LINCE)	Activity categories intensity, specific movements and static exertion.
6	**Herran et al. (2017)**	10 female basketball players	U16 (15 ±1.0 years)	State	Training	3x3 and 5x5 training games	External	GPS ((MinimaxX v.4.0, Catapult)	Distance, average speed, Player Load and ranges of acceleration

7	**Klusemann et al. (2012)**	16 female basketball players	U18 (17.4+0.7 years)	National	Training	19 training games	Internal	Heart rate band (Suunto™) RPE Video recordings (SportsCodeElite)	%Heart rate peak, percentage of time spent in Zone 4 and Zone 5. Tecnical events. Subjective load
8	**Matthew et al. (2009)**	9 female basketball players	Senior (25.8±2.5 years)	National	Competition	9 official games	Internal and external	Heart rate band (Polar S810) Video recordings (VC-x400) Blood samples (Analox LM5)	Time motion analysis (jumps, sprints, activity demands, intensity), heart rate average and 85% of heart rate peak, blood lactate
9	**Montgomery et al. (2018)**	201 female basketball players in 3x3 competition	Senior (22.9 ± 5.6 years)	International	Competition	3x3toutnament	Internal and external	GPS and heart rate band (OptimEye S5, Catapult) Blood samples (Lactate Scout™), RPE	CoD, accelerations and decelerations, jumps, PlayerLoad, Blood Lactate, Heart rate peak and average.
10	**Paulauskas et al. (2019)**	29 female basketball players belonging to seven teams	Senior (21 ± 5 years)	National	Training	24-weeks training	Internal and external	RPE and Duration (minutes).	Total weekly TL, weekly TL, weekly GL, chronic workload, training monotony
11	**Peterson et al. (2017)**	5 female basketball players	Senior (20 ± 1.0 years)	National	Training	20-weeks training	External	Inertial devices (Catapult Optimeye S5) and TMG	Player Load™, IMA™, Tc, and Dm.

							assessments (TMG-BMC d. o.o., Ljubljana, Slovenia)	
12	**Reina et al. (2017)**	10 female basketball players	Senior (21.7±3.65 years)	State	Training and competition	8 official games and 22 training sessions	Internal and external	Heart rate band (Garmin™) and inertial device (Wimu™)	Heart rate peak and average. Impacts, Steps and Jumps per minute
13	**Reina et al. (2018)**	10 female basketball players	Senior (21.7±3.65 years)	State	Training and competition	8 official games and 47 5 vs.5 training tasks	Internal and external	Heart rate band (Garmin™) and inertial device (Wimu™)	Heart rate peak and average, % Heart rate peak and work zones. Number of Impacts, Steps, Jumps and Player Load
14	**Reina et al. (2019)a**	10 female basketball players	Senior (21.7±3.65 years)	State	Training	22 training sessions (120 tasks)	Internal and external	Heart rate band (Garmin™) and inertial device (Wimu™) SIATE	% Heart rate peak, PlayerLoad, subjective load
15	**Reia et al. (2019)b**	48 female players belonging to four teams	U18	State	Competition	12 official games	External	Inertial device and Ultra Wided Band (Wimu™)	Number of accelerations and decelerations. Duration (ms), Start speed (km/h) and Acceleration peak (m/s2) of each one. Intensity ranges (m/s2).

16	**Reina et al. (2019)c**	12 female basketball players	U15	State	Training and competition	8 official games and 35 training sessions	External	Inertial device (Wimu™)	Player Load
17	**Reina et al. (2020)**	10/ 8 female basketball players	Senior / U18	State/National	Competition	8 official games (5x5) / 6 official games (3x3)	Internal and external	Heart rate band (Garmin™) and inertial device (Wimu™)	Heart rate peak and average, % Heart rate peak and work zones. Number of steps, jumps and impacts per minute
18	**Sanchez-Sanchez et al. (2017)**	6 female basketball players	U15 (14.3 ± 0.5 years)	State	Training	2 training sessions	Internal	Heart rate band (Polar Team System 2) YOYO test	Heart rate peak and average, % Heart rate peak
19	**Sanders et al. (2018)**	10 female basketball players	Senior (19.8±1.3 years)	National	Competition	31 official games	Internal	Heart rate band (Polar Global)	Heart rate peak and average, % Heart rate peak and work zones.
20	**Sansone et al. (2018)**	13 female players	Senior (22.6±3 years)	National	Training and competition	40 training sessions, 2 friendly games and 12 official games .	Internal	RPE and TQR scales	
21	**Scanlan et al. (2015)**	12 female basketball players	Senior (21.2 ± 3.1)	National	Competition	3 official games	External	Video recordings (Basler A602FC)	Activity frequencies, durations, and distances

22	**Scanlan et al. (2012)**	12 female basketball players	Senior (22.0±3.7 years)	State	Competition	8 official matches	Internal and external	Heart rate band (Polar Electro) Video recordings (Basler A602FC) Blood samples (Accusport Lactate Analyser)	Activity frequencies, total durations and total distances, heart rate average, % heart rate peak, blood lactate.
23	**Staunton et al. (2018)a**	10 female basketball players	Senior (27 ± 5 years)	National	Competition	18 official games	Internal and external	Tri-axial accelerometer (Link). Respiratory parameters (Oxycon Mobile)	Peak VO2; duration (%) spent in each intensity zone; Frequency, average bout duration and maximum bout.
24	**Staunton et al. (2018)b**	9 female basketball players	Senior (27 ± 5 years)	National	Training	6-weeks training with 3 sessions per week	Internal and external	Accelerometer (ActiLife) VO2 (LabVIEW)	Total duration (%) spent in each intensity zone. Exercise dose (Impulse) for easy, medium, and hard match schedules
25	**Vallés et al. (2017)a**	12 female basketvall players	U18 (17.08±0.67)	State	Competition	6 official games	Internal and external	Borg TQR Wellness Minutes CMJ	

26	Vallés et al. (2017)b	12 female basketvall players	U18 (17.08±0.67)	State	Training	Training sessions throught championship	Internal and external	Borg TQR Wellness Minutes CMJ	