

Supplementary Table S1. Descriptive performance data according to playing position

Variable	Goalkeepers (n = 10)	Defenders (n = 32)	Midfielders (n = 24)	Forwards (n = 39)
DJ (cm)	26.92 ± 4.51	29.13 ± 5.77	27.09 ± 6.09	27.71 ± 6.01
SJ (cm)	20.46 ± 3.46	20.99 ± 4.06	22.36 ± 5.30	21.96 ± 4.10
CMJ-FA (cm)	25.95 ± 5.32	28.28 ± 5.35	28.28 ± 5.32	28.27 ± 4.80
CMJ (cm)	22.33 ± 3.58	22.85 ± 4.50	23.16 ± 4.67	23.43 ± 3.95
10 m sprint (s)	2.04 ± 0.14	2.01 ± 0.13	2.02 ± 0.06	2.01 ± 0.12
20 m sprint (s)	3.56 ± 0.19	3.52 ± 0.24	3.52 ± 0.12	3.48 ± 0.25
30 m sprint (s)	5.14 ± 0.30	5.04 ± 0.38	4.92 ± 0.54	5.01 ± 0.29
COD Speed (s)	5.82 ± 1.39	5.91 ± 0.41	5.98 ± 0.34	5.94 ± 0.46
VMA (km·h ⁻¹)	11.47 ± 1.04	12.13 ± 1.25	12.40 ± 0.93	12.36 ± 1.35

Values are presented as mean ± standard deviation. DJ = drop jump; SJ = squat jump; CMJ = countermovement jump; CMJ-FA = countermovement jump with free arms; VMA = maximal aerobic speed. Lower values indicate better performance for sprint and change-of-direction speed tests.