

**Table 2.** Comparisons of the physical tests pre and post the preseason training period in under 20 elite soccer players.

	LOPL					HOPL				
	Pre	Post	$\Delta\%$	ES (90% CL) <i>rating</i>	% Chance <i>rating</i>	Pre	Post	$\Delta\%$	ES (90% CL) <i>rating</i>	% Chance <i>rating</i>
CMJ (cm)	44.9 $\pm$ 6.4	45.3 $\pm$ 6.4	0.9	0.06 (-0.07; 0.19) <i>trivial</i>	00/96/04 <i>trivial</i>	43.9 $\pm$ 4.3	45.1 $\pm$ 3.9	2.7	0.26 (0.04; 0.48) <i>small</i>	00/32/68 <i>possibly</i>
VEL 5-m (m·s <sup>-1</sup> )	5.12 $\pm$ 0.17	5.24 $\pm$ 0.23	2.3	0.64 (-0.20; 1.48) <i>moderate</i>	05/13/82 <i>likely</i>	5.03 $\pm$ 0.34	5.13 $\pm$ 0.22	2.0	0.26 (-0.20; 0.73) <i>small</i>	05/35/60 <i>possibly</i>
VEL 10-m (m·s <sup>-1</sup> )	5.91 $\pm$ 0.18	5.98 $\pm$ 0.26	1.2	0.41 (-0.25; 1.06) <i>small</i>	05/23/72 <i>possibly</i>	5.86 $\pm$ 0.27	5.92 $\pm$ 0.23	1.0	0.23 (-0.19; 0.65) <i>small</i>	04/40/56 <i>possibly</i>
VEL 20-m (m·s <sup>-1</sup> )	6.84 $\pm$ 0.21	6.84 $\pm$ 0.26	0	0.03 (-0.34; 0.41) <i>trivial</i>	14/64/22 <i>unclear</i>	6.79 $\pm$ 0.25	6.83 $\pm$ 0.26	0.6	0.15 (-0.20; 0.51) <i>trivial</i>	06/54/40 <i>unclear</i>
Zigzag (m·s <sup>-1</sup> )	3.44 $\pm$ 0.09	3.45 $\pm$ 0.11	0.3	0.04 (-0.62; 0.69) <i>trivial</i>	26/41/33 <i>unclear</i>	3.41 $\pm$ 0.11	3.46 $\pm$ 0.15	1.5	0.48 (0.03; 0.92) <i>small</i>	01/13/86 <i>likely</i>

*Note:* LOPL: lower than optimum power load group; HOPL: higher than optimum power load group; ES: effect size; CL: confidence limits; CMJ: countermovement jump; VEL: velocity; % chance corresponds to the probability of finding harmful/trivial/beneficial within-group changes in the performance tests.