

S3 Table. Sprints performance with (45° or 90°) or without one change of direction

	Sprint time (s)			
	SL	45°	90°	90° ₂₅
Player 1	2.98	3.32	3.66	4.46
Player 2	2.91	3.49	3.83	4.22
Player 3	3.05	3.36	3.58	4.21
Player 4	2.88	3.20	3.65	4.16
Player 5	2.94	3.36	3.72	4.45
Player 6	2.89	3.27	3.86	4.22
Player 7	2.65	3.27	3.51	3.93
Player 8	2.98	3.48	3.79	4.45
Player 9	3.02	3.25	3.97	4.47
Player 10	2.83	3.27	3.74	4.05
Player 11	2.66	3.08	3.42	4.12
Player 12	2.90	3.26	3.69	4.24

SL: straight-line; COD: change of direction; 45°: 20-m sprint with one 45°-COD; 90°: 20-m

sprint with one 90°-COD; 90°₂₅: 25-m sprint with one 90°-COD