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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 ⁻¹)	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 ⁻¹)	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 ⁻¹)	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 ⁻¹)	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.