

Table 2. Training effects (with 90% confidence limits) for the physical fitness variables of the youth male soccer players from the Control-EARLY (n=16), Control-LATE (n=22), PJT-EARLY (n=16) and PJT-LATE groups (n=22).

	Before	After	$\Delta\%$	Effect size
20-m sprint (s)				
PJT-EARLY	4.80±0.3	4.77±0.3 ^d	-0.5 (-1.4; 0.4)	-0.08 (-0.23; 0.07)
Control-EARLY	4.78±0.3	4.88±0.3	2.3 (-0.2; 4.9)	0.37 (-0.04; 0.78)
PJT-LATE	3.98±0.5	3.96±0.4 ^f	-0.4 (-1.5; 0.8)	-0.03 (-0.12; 0.07)
Control-LATE	4.11±0.4	4.29±0.3 ^c	4.7 (2.9; 6.5)	0.53 (0.33; 0.74)
2.4-km time trial (min)				
PJT-EARLY	11.3±0.7	10.9±0.6 ^{c, f}	-2.8 (-3.9; -1.6)	-0.47 (-0.68; -0.27)
Control-EARLY	11.4±0.7	11.3±0.7	-0.5 (-1.0; 0.2)	-0.07 (-0.17; 0.02)
PJT-LATE	10.1±0.4	10.0±0.4 ^{a, d}	-1.3 (-2.1; -0.5)	-0.33 (-0.54; -0.13)
Control-LATE	10.2±0.5	10.2±0.6	-0.2 (-1.0; -0.5)	-0.03 (-0.19; 0.12)
Change of direction speed test (s)				
PJT-EARLY	23.0±1.1	21.9±1.0 ^{c, f}	-4.5 (-5.6; -3.4)	-0.90 (-1.12; -0.69)
Control-EARLY	22.6±1.6	23.4±1.6 ^c	3.5 (2.2; 4.8)	0.46 (0.29; 0.64)
PJT-LATE	18.4±1.9	17.8±1.6 ^{c, f}	-2.8 (-3.6; -1.9)	-0.28 (-0.37; -0.19)
Control-LATE	18.3±1.8	18.9±1.8 ^c	3.6 (2.8; 4.4)	0.36 (0.28; 0.43)
5 repetition maximum squat (kg)				
PJT-EARLY	24.6±6.6	28.2±7.3 ^{b, d}	14.8 (5.0; 25.5)	0.49 (0.18; 0.81)
Control-EARLY	22.3±5.2	24.9±7.0	10.8 (4.4; 17.7)	0.38 (0.16; 0.60)
PJT-LATE	39.0±8.1	43.5±10.0 ^{c, d}	11.1 (8.4; 13.9)	0.49 (0.38; 0.61)
Control-LATE	36.3±6.3	38.4±7.1	5.5 (0.7; 10.5)	0.29 (0.04; 0.53)
Countermovement jump (cm)				
PJT-EARLY	22.2±3.3	23.4±3.1 ^a	5.8 (3.8; 7.8)	0.39 (0.26; 0.52)
Control-EARLY	22.8±2.7	23.8±3.5	3.9 (0.1; 7.9)	0.28 (0.01; 0.54)
PJT-LATE	30.4±4.6	31.4±4.9 ^{a, d}	3.2 (2.2; 4.3)	0.21 (0.14; 0.27)
Control-LATE	29.3±3.9	29.5±3.5	0.9 (-0.5; 2.2)	0.07 (-0.03; 0.16)
5 multiple bounds (m)				
PJT-EARLY	7.8±0.8	8.1±0.8 ^{b, d}	4.0 (1.4; 6.7)	0.39 (0.14; 0.65)
Control-EARLY	7.6±0.8	7.6±0.9	0.0 (-1.1; 1.1)	0.00 (-0.1; 0.1)
PJT-LATE	9.9±0.6	10.3±0.6 ^{c, e}	4.2 (3.0; 5.5)	0.65 (0.46; 0.85)
Control-LATE	9.5±0.7	9.5±0.7	0.2 (-0.4; 0.7)	0.02 (-0.05; 0.1)
20-cm drop jump (mm.ms⁻¹)				
PJT-EARLY	0.07±0.01	0.09±0.02 ^{c, f, g}	37.4 (31.1; 43.9)	1.58 (1.35; 1.81)
Control-EARLY	0.07±0.02	0.07±0.02	-0.8 (-8.8; 7.8)	-0.03 (-0.36; 0.29)
PJT-LATE	0.13±0.03	0.15±0.03 ^{c, f}	12.2 (8.5; 16.0)	0.51 (0.36; 0.66)
Control-LATE	0.13±0.03	0.12±0.03	-4.0 (-7.8; -0.2)	-0.16 (-0.32; -0.01)
40-cm drop jump (mm.ms⁻¹)				
PJT-EARLY	0.07±0.02	0.08±0.02 ^{c, f, g}	22.2 (15.8; 28.9)	0.71 (0.52; 0.9)
Control-EARLY	0.07±0.01	0.07±0.02	3.4 (-5.1; 12.8)	0.16 (-0.24; 0.58)
PJT-LATE	0.13±0.03	0.15±0.04 ^{c, f}	11.7 (8.2; 15.2)	0.4 (0.29; 0.52)
Control-LATE	0.13±0.03	0.12±0.03	-6.4 (-10.7; -1.9)	-0.26 (-0.45; -0.08)
Maximal kicking distance (m)				
PJT-EARLY	25.7±3.8	30.3±5.1 ^{c, f, g}	17.2 (12.2; 22.5)	0.95 (0.69; 1.21)
Control-EARLY	24.1±3.0	23.8±3.7	-1.7 (-4.5; 1.1)	-0.12 (-0.32; 0.07)
PJT-LATE	37.8±5.5	42.0±6.7 ^{c, d}	10.8 (7.4; 14.3)	0.65 (0.45; 0.85)
Control-LATE	35.8±5.5	35.4±6.0	-1.4 (-3.1; 0.3)	-0.08 (-0.18; 0.02)

Control: active-soccer control group; EARLY: participants with Tanner stage 1-3; LATE: participants with Tanner stage 4-5. PJT: plyometric jump training. ^{a, b, c}: different compared to before (p<0.05, p<0.01, and p<0.001, respectively); ^{d, e, f}: different compared to the age-matched control group (p<0.05, p<0.01, and p<0.001, respectively); ^g: pre-post change different compared to the PJT-LATE group (p<0.05). Highlighted data illustrates trivial magnitude changes.