Supplemental Digital Content 1. Reliability of measurement for the performance variables.

Jump	Variable	ICC (95% CI)
SJ	Jump height	0.893 (0.730–0.958)
	CON mean force	0.709 (0.266–0.885)
	CON mean velocity	0.758 (0.388–0.904)
	CON mean power	0.740 (0.344–0.897)
	$\bar{F}_0$	0.837 (0.588–0.935)
	$\bar{v}_0$	0.754 (0.379–0.903)
	$\bar{P}_{max}$	0.847 (0.613–0.939)
	S_{Fv}	0.809 (0.518–0.925)
CMJ	Jump height	0.961 (0.902–0.985)
	ECC RFD	0.919 (0.795–0.968)
	ECC mean velocity	0.866 (0.661–0.947)
	ECC mean power	0.866 (0.661–0.947)
	ECC peak displacement	0.902 (0.753–0.961)
	CON mean force	0.978 (0.945–0.991)
	CON mean velocity	0.954 (0.885–0.982)
	CON mean power	0.975 (0.938–0.990)
	$\bar{F}_0$	0.903 (0.754–0.962)
	$\bar{v}_0$	0.901 (0.749–0.961)
	$\bar{P}_{max}$	0.964 (0.909–0.986)
	S_{Fv}	0.887 (0.714–0.955)
DJ	RSI	0.915 (0.786–0.966)

CON, concentric; ECC, eccentric; $\bar{F}_0$, theoretical maximum force; $\bar{v}_0$, theoretical maximum velocity; $\bar{P}_{max}$, theoretical maximum power ($\bar{F}_0 \cdot \bar{v}_0/4$); S_{Fv}, slope of linear force–velocity relationship ($-\bar{F}_0/\bar{v}_0$); RSI, reactive strength index (DJ height/ground contact time); ICC, intraclass correlation coefficient; 95% CI, 95% confidence interval.