

Table S1: Results of the Pearson Correlation

Variable		5 m	10 m	20 m	SJ	CMJ	CMJa	Broad Jump	Hop test
5 m	Pearson' r	-							
	p-value	-							
10 m	Pearson' r	0.530**	-						
	p-value	0.004	-						
20 m	Pearson' r	0.811***	0.676***	-					
	p-value	< 0.001	< 0.001	-					
SJ	Pearson' r	-0.613***	-0.477*	-0.724***	-				
	p-value	< 0.001	0.012	< 0.001	-				
CMJ	Pearson' r	-0.453*	-0.413*	-0.700***	0.645***	-			
	p-value	0.018	0.032	< 0.001	< 0.001	-			
CMJa	Pearson' r	-0.425*	-0.357	-0.709***	0.691***	0.719***	-		
	p-value	0.027	0.067	< 0.001	< 0.001	< 0.001	-		
Broad jump	Pearson' r	-0.041	-0.269	-0.428	0.379	0.729**	0.787***	-	
	p-value	0.890	0.352	0.127	0.182	0.003	< 0.001	-	
Hop test	Pearson' r	-0.218	-0.292	-0.506*	0.273	0.358	0.603**	0.778**	-
	p-value	0.317	0.176	0.014	0.207	0.094	0.002	0.002	-

The 5 m, 10 m and 20 m are sprinting performances with the three different distances; SJ: squat jump; CMJ: counter movement jump; CMJa: counter movement jump with arms. Significant correlations are shown: * ($p < 0.05$), ** ($p < 0.01$) and *** ($p < 0.001$).