**Supplementary Table:** Meta-analysis results for pooled outcomes and domain specific outcome domains.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Small  (0.25-quantile)  [95% CrI] | Medium  (0.5-quantile)  [95% CrI] | Large  (0.75-quantile)  [95% CrI] | Study Level VPC  [75% CrI] | Outcome Level VPC  [75% CrI] | Measurement Occasion VPC  [75% CrI] |
| **Outcome** | **Statistic** |  |  |  |  |  |  |
| All | SMDpre | 0.16  [0.15 to 0.18] | 0.46  [0.45 to 0.48] | 0.81  [0.79 to 0.83] | 0.63  [0.58 to 0.69] | 0.33  [0.28 to 0.38] | 0.03  [0.00 to 0.09] |
| %Improve | 2.4  [2.1 to 2.6] | 7.8  [7.5 to 8.0] | 15.1  [14.7 to 15.4] | 0.49  [0.44 to 0.54] | 0.50  [0.45 to 0.54] | 0.02  [0.00 to 0.06] |
|  |  |  |  |  |  |  |  |
| Maximum Strength | SMDpre | 0.25  [0.22 to 0.27] | 0.59  [0.56 to 0.61] | 0.98  [0.94 to 1.0] | 0.69  [0.61 to 0.77] | 0.26  [0.20 to 0.33] | 0.06  [0.00 to 0.13] |
| %Improve | 6.0  [5.5 to 6.5] | 13.4  [12.8 to 14.1] | 22.2  [21.6 to 22.9] | 0.55  [0.46 to 0.63] | 0.42  [0.35 to 0.50] | 0.01  [0.00 to 0.13] |
|  |  |  |  |  |  |  |  |
| Power | SMDpre | 0.11  [0.08 to 0.14] | 0.38  [0.35 to 0.41] | 0.67  [0.63 to 0.71] | 0.88  [0.78 to 0.97] | 0.06  [0.02 to 0.13] | 0.05  [0.00 to 0.15] |
| %Improve | 2.3  [1.8 to 2.9] | 7.5  [6.9 to 8.1] | 13.8  [13.1 to 14.6] | 0.79  [0.65 to 0.89] | 0.15  [0.09 to 0.23] | 0.05  [0.00 to 0.20] |
|  |  |  |  |  |  |  |  |
| Jump Performance | SMDpre | 0.17  [0.15 to 0.20] | 0.44  [0.42 to 0.47] | 0.74  [0.71 to 0.77] | 0.93  [0.87 to 0.98] | 0.05  [0.00 to 0.11] | 0.01  [0.00 to 0.07] |
| %Improve | 2.7  [2.3 to 3.0] | 6.7  [6.4 to 7.1] | 11.3  [10.8 to 11.8] | 0.81  [0.65 to 0.90] | 0.13  [0.07 to 0.20] | 0.05  [0.00 to 0.23] |
|  |  |  |  |  |  |  |  |
| Sprint Performance | SMDpre | 0.07  [0.04 to 0.10] | 0.37  [0.33 to 0.40] | 0.70  [0.66 to 0.74] | 0.94  [0.88 to 0.99] | 0.02  [0.00 to 0.07] | 0.00  [0.00 to 0.01] |
| %Improve | 0.4  [0.2 to 0.6] | 2.2  [2.1 to 2.4] | 4.5  [4.2 to 4.8] | 0.91  [0.84 to 0.97] | 0.04  [0.01 to 0.07] | 0.06  [0.00 to 0.12] |

CrI: Credible interval. VPC: Variance partition coefficients. SMDpre: Standardised mean difference using the baseline standard deviation.

%Improve: Percentage improvement calculated from the log transformed relative ratio of the post- and pre-intervention means.

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