

Table 1. Subject characteristics at the start of the 7-week period (mean \pm standard deviation).

	Control-EARLY (n=16)	PJT-EARLY (n=16)	Control-LATE (n=22)	PJT-LATE (n=22)
Age (y)	11.5 \pm 0.9	11.2 \pm 0.8	14.5 \pm 1.1*	14.4 \pm 1.0*
Body mass (kg)	35.8 \pm 3.8	36.8 \pm 5.1	55.8 \pm 7.9*	54.7 \pm 6.6*
Height (cm)	141 \pm 4.0	143 \pm 5.2	162 \pm 8.3*	163 \pm 7.2*
Body mass index (m.kg⁻²)	18.0 \pm 1.4	18.9 \pm 1.6	21.3 \pm 1.7*	21.3 \pm 1.7*
Session rating of perceived exertion^a	338 \pm 121	354 \pm 159	340 \pm 149	323 \pm 156
Soccer experience (y)	3.7 \pm 1.0	3.3 \pm 0.9	5.1 \pm 2.0*	5.4 \pm 1.9*

^a: soccer training load was determined by multiplying the minutes of soccer training by the rating of perceived exertion after each soccer training session, with trivial-small differences observed between the groups; Control: active-soccer control group; EARLY: participants with Tanner stage 1-3; LATE: participants with Tanner stage 4-5. PJT: plyometric jump training; *: large difference (i.e., effect size >2.0) compared to the EARLY groups. Note: trivial (i.e., effect size <0.2) difference were observed between EARLY groups, as well as between LATE groups.