**Supporting Information**

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**S1 Fig. The five 30 m-long paths used to assess dribbling and sprinting performance for the individual players in our study.** The curvature of each path was (A) 0 radians.m-1, (B) 0.37 radians.m-1, (C) 0.67 radians.m-1, (D) 1.03 radians.m-1, and (E) 1.37 radians.m-1. The outline of each path was marked with 6 mm plastic chain and the width of each path was 1m, and any 45**°** (1/8 of a circle), 90**°** (1/4 of a circle), 135**°** (3/8 of a circle) or 180**°** (1/2 a circle) turns had a radius of 1m. The number of 0.5 m long sections (grey) along each path shows the lengths between each turn, with a 90° turn represented in green and 45° in yellow.