**S1 Table.** **Principal components analysis matrix of dribbling and sprinting performance (N = 21) along the five paths that differ in curvature from 0 to 1.37 radians.m-1.** Factor loadings of each measured variable and the direction in which they contribute towards the components are shown. See the text for a description of each trait. The first component of the PCA on dribbling performance (PCAD1) explained 81.9% of the variation in the data and the second component (PCAD2) explained 11.4% of the variation. The first component of the PCA on sprinting performance (PCAS1) explained 72.5% of the variation in the data and the second component (PCAS2) explained 14.6% of the variation.

|  |  |  |
| --- | --- | --- |
| **Path curvature****(radians.m-1)** | **Dribbling Performance** | **Sprinting****Performance** |
| **PCD1** | **PCD2** | **PCS1** | **PCS2** |
| 0 | 0.74 | 0.66 | 0.75 | 0.58 |
| 0.37 | 0.91 | -0.25 | 0.95 | 0.01 |
| 0.67 | 0.96 | -0.12 | 0.92 | -0.17 |
| 1.01 | 0.95 | -0.21 | 0.75 | -0.58 |
| 1.37 | 0.94 | 0.05 | 0.87 | 0.18 |
| Total variance | 81.9 | 11.4 | 72.5 | 14.6 |