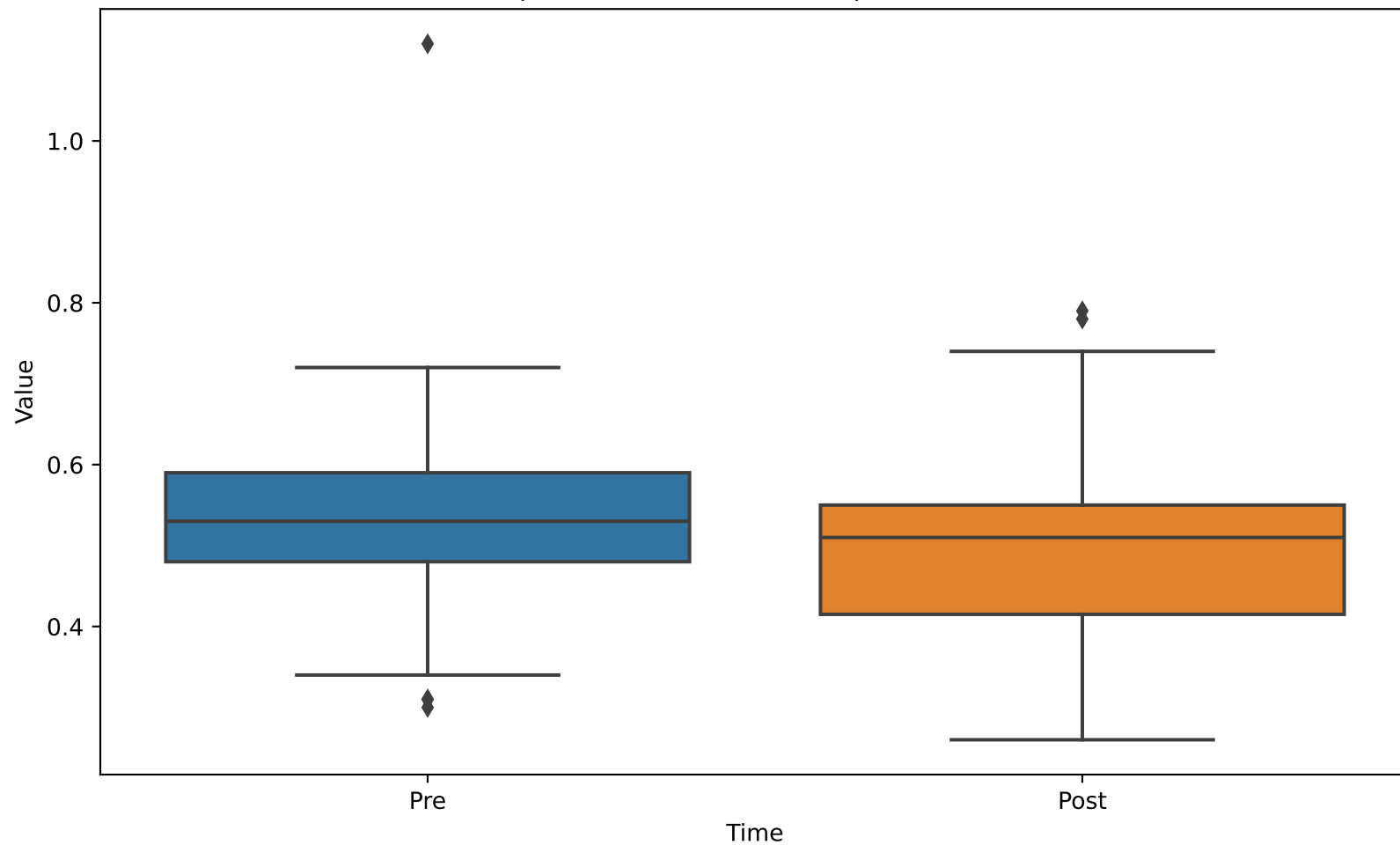
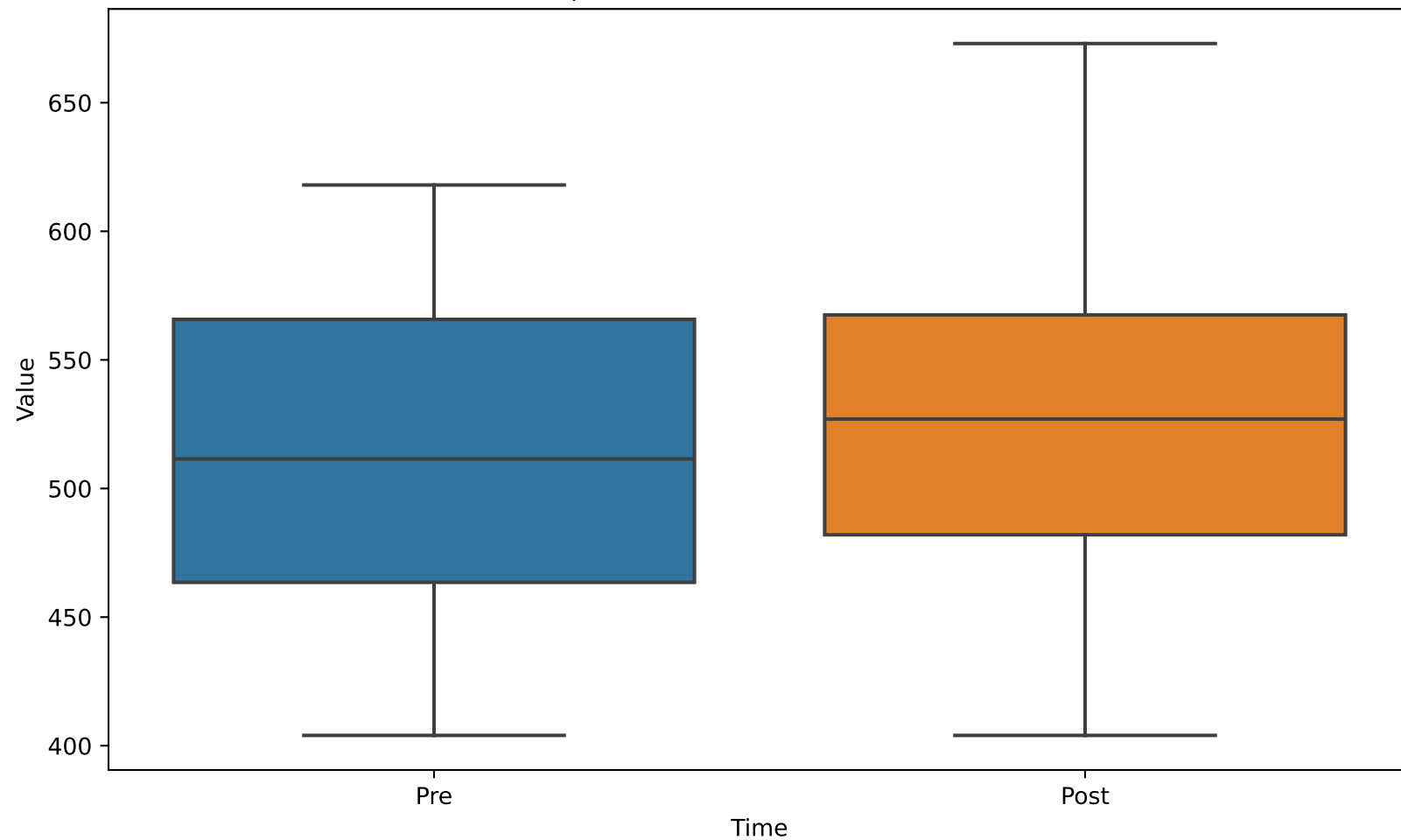


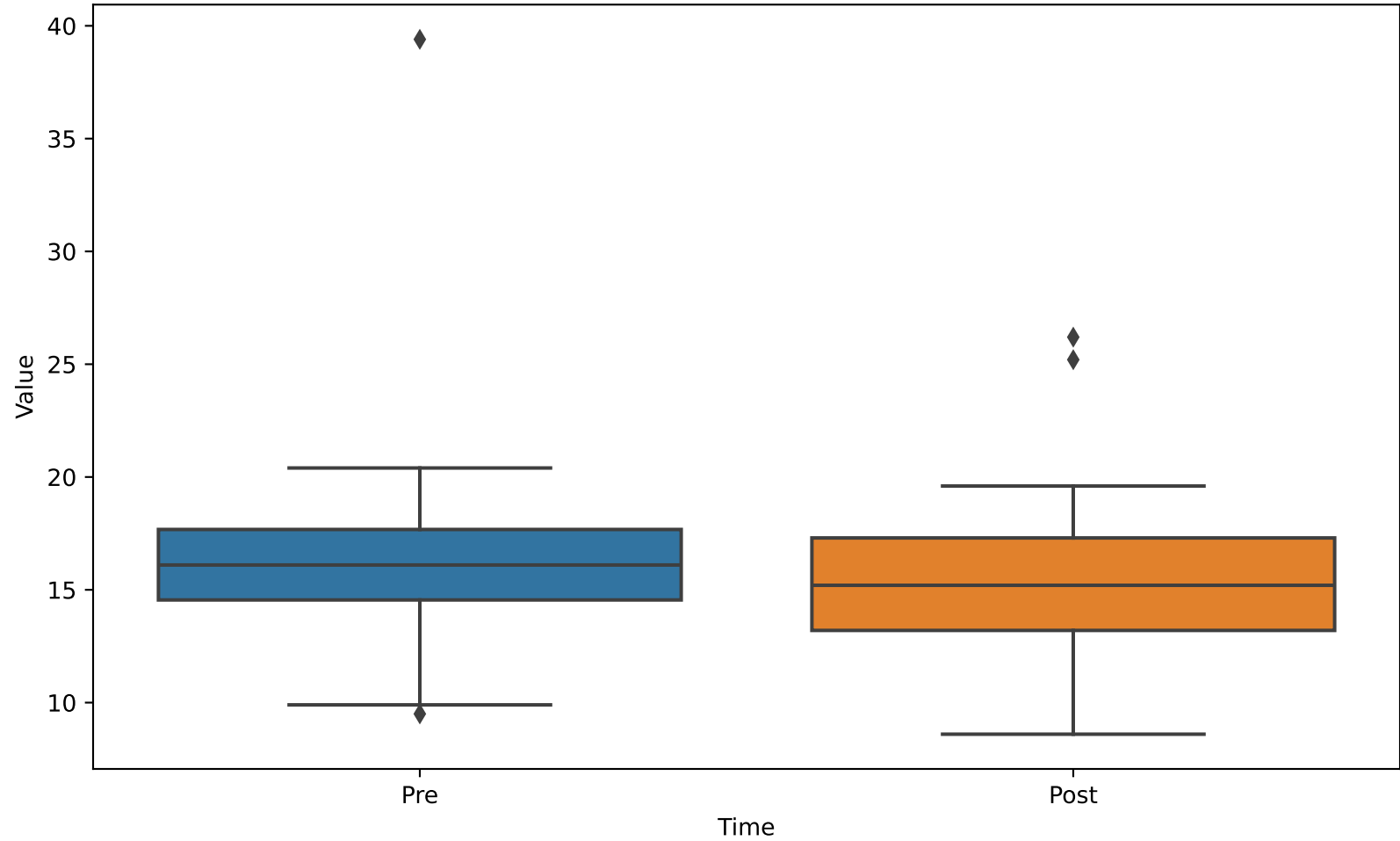
Boxplot of RSI-modified (Imp-Mom) [m/s]



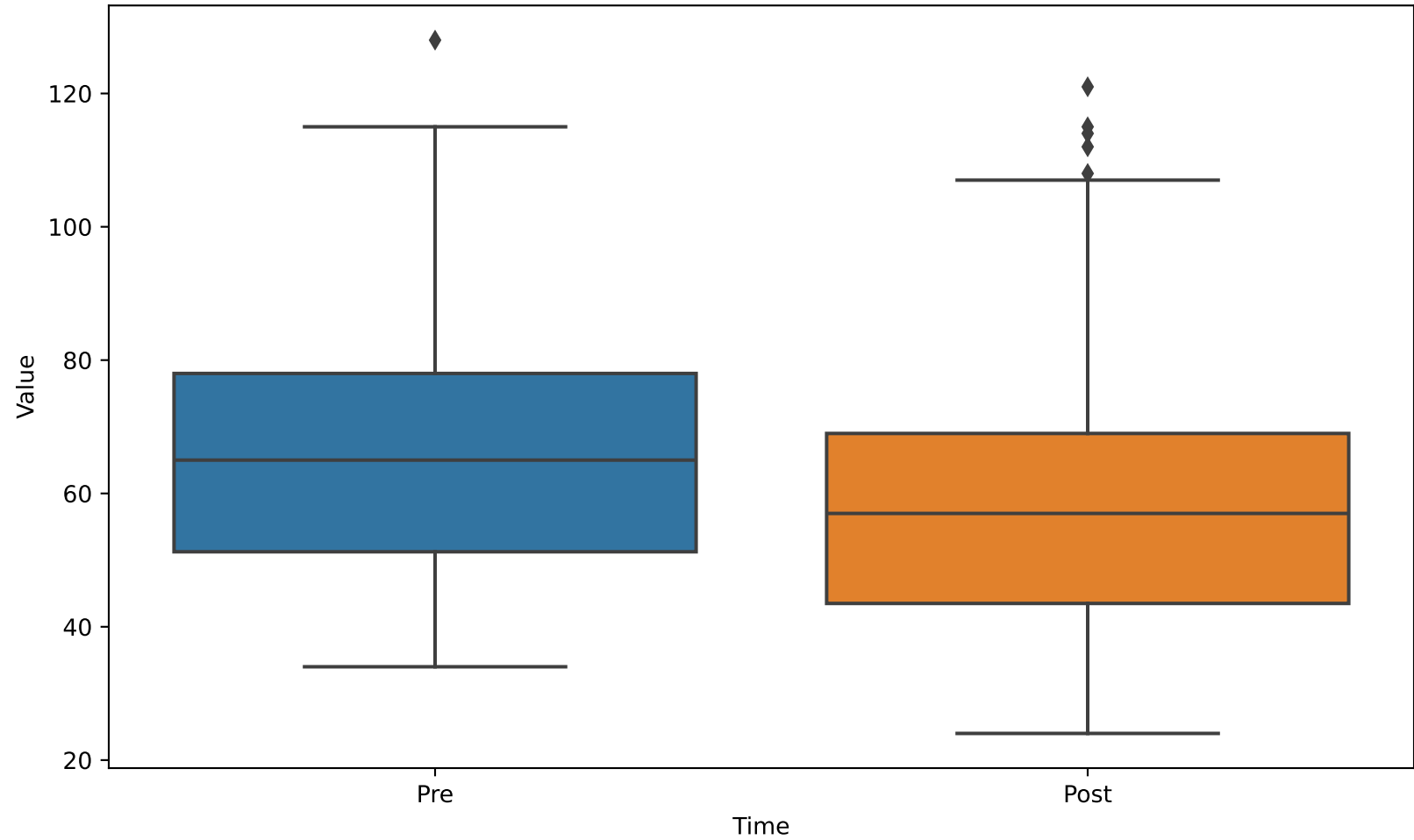
Boxplot of Eccentric Duration [ms]



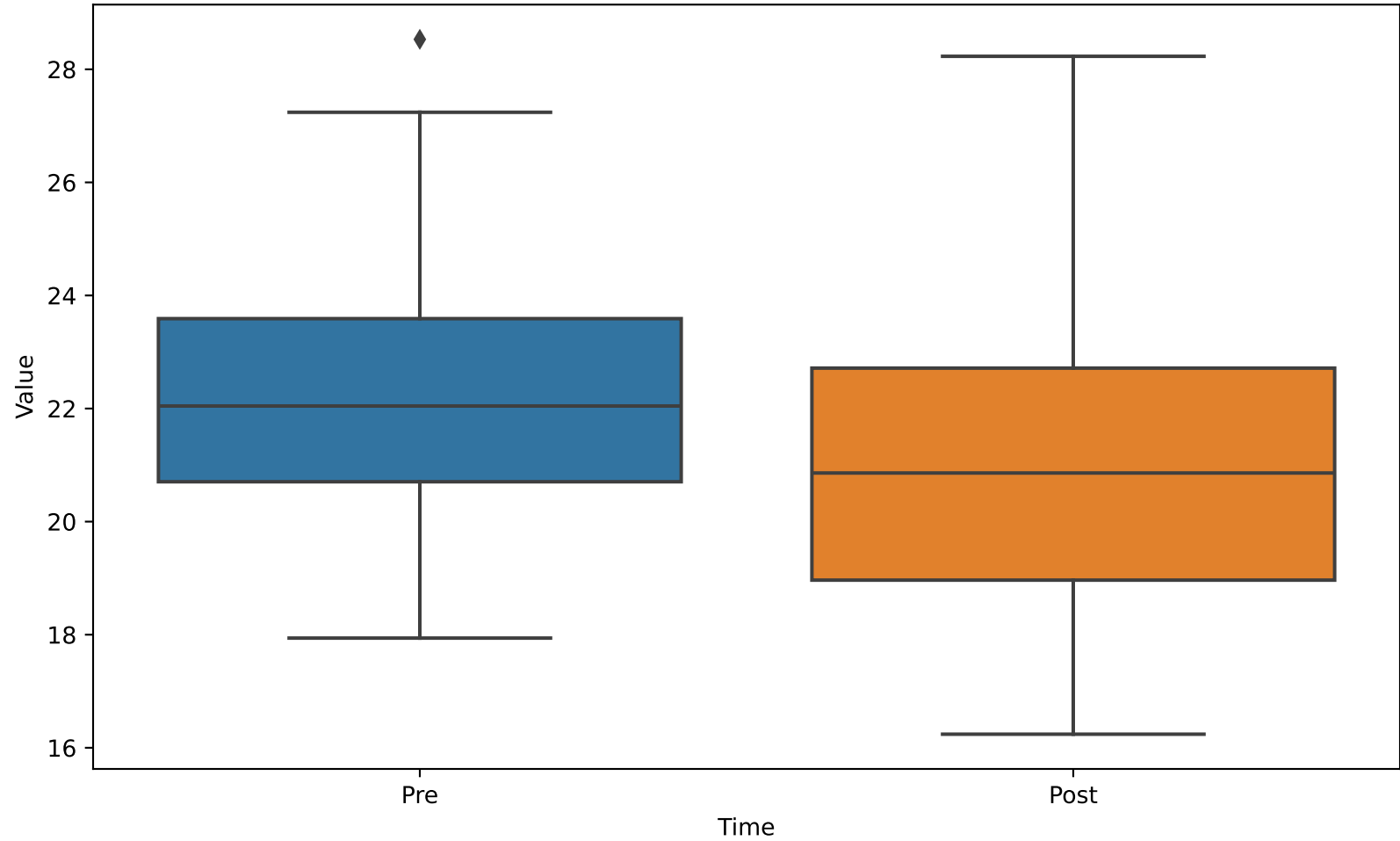
Boxplot of Jump Height (Imp-Mom) in Inches [in]



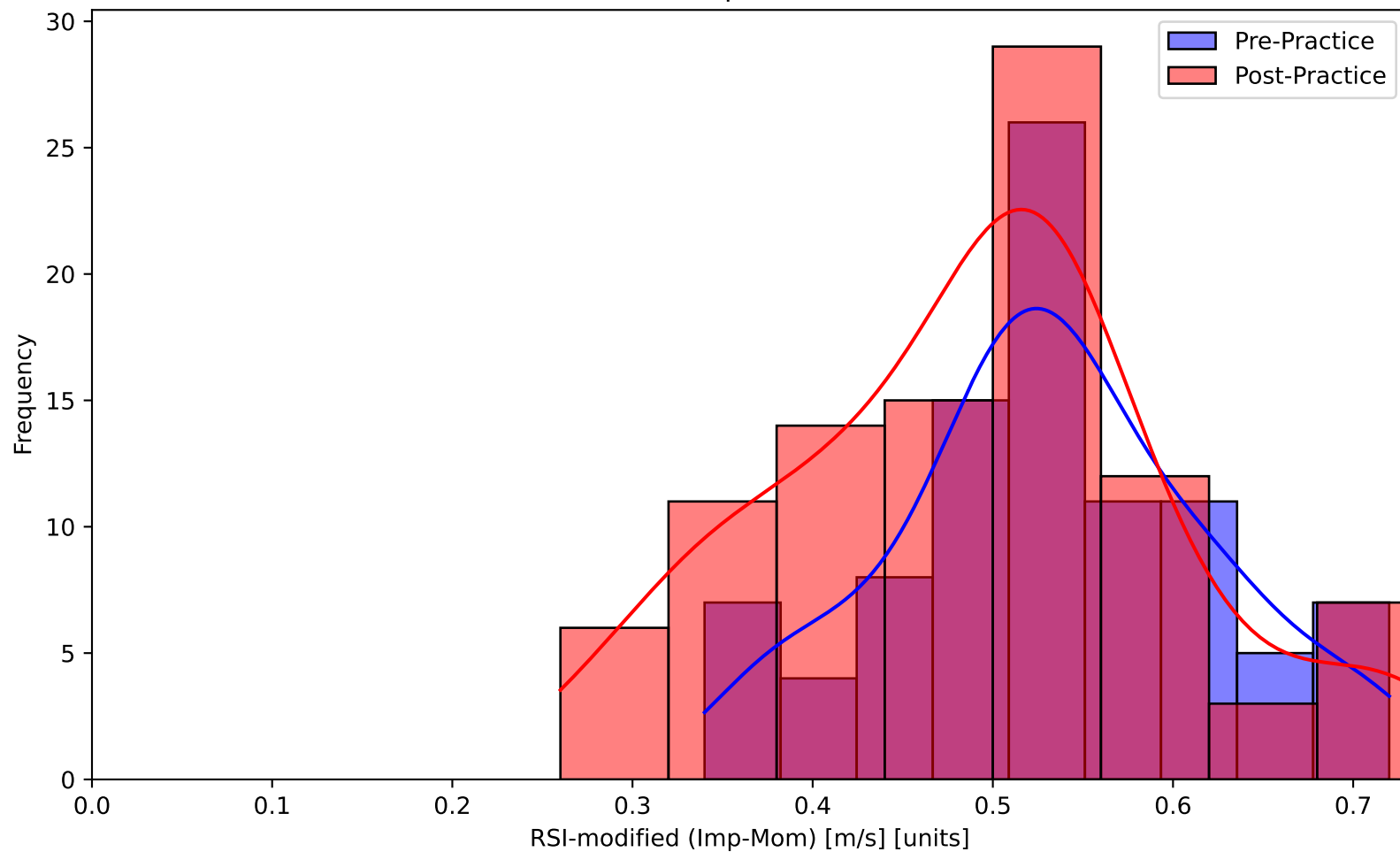
Boxplot of Eccentric Braking RFD / BM [N/s/kg]



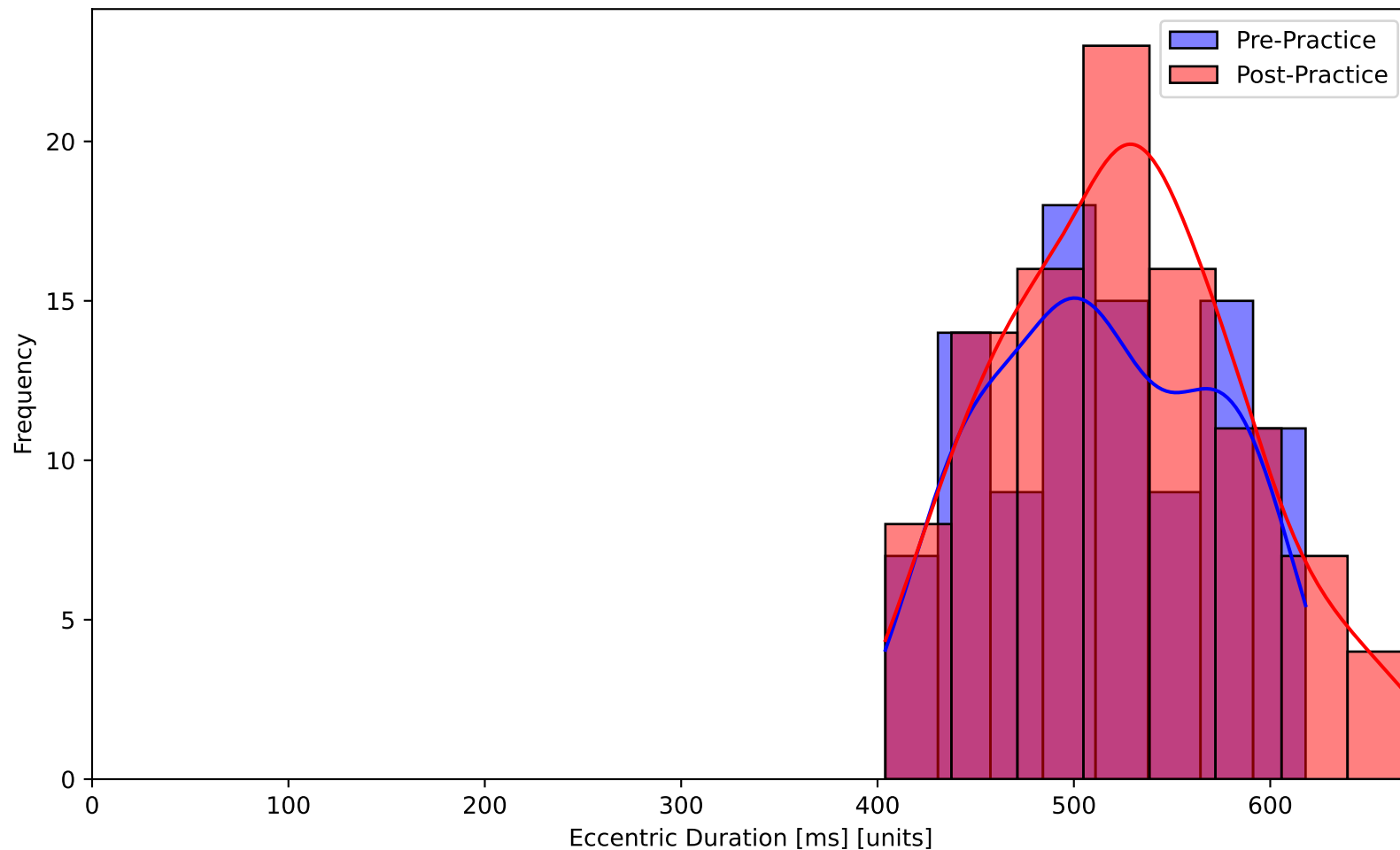
Boxplot of Force at Zero Velocity / BM [N/kg]



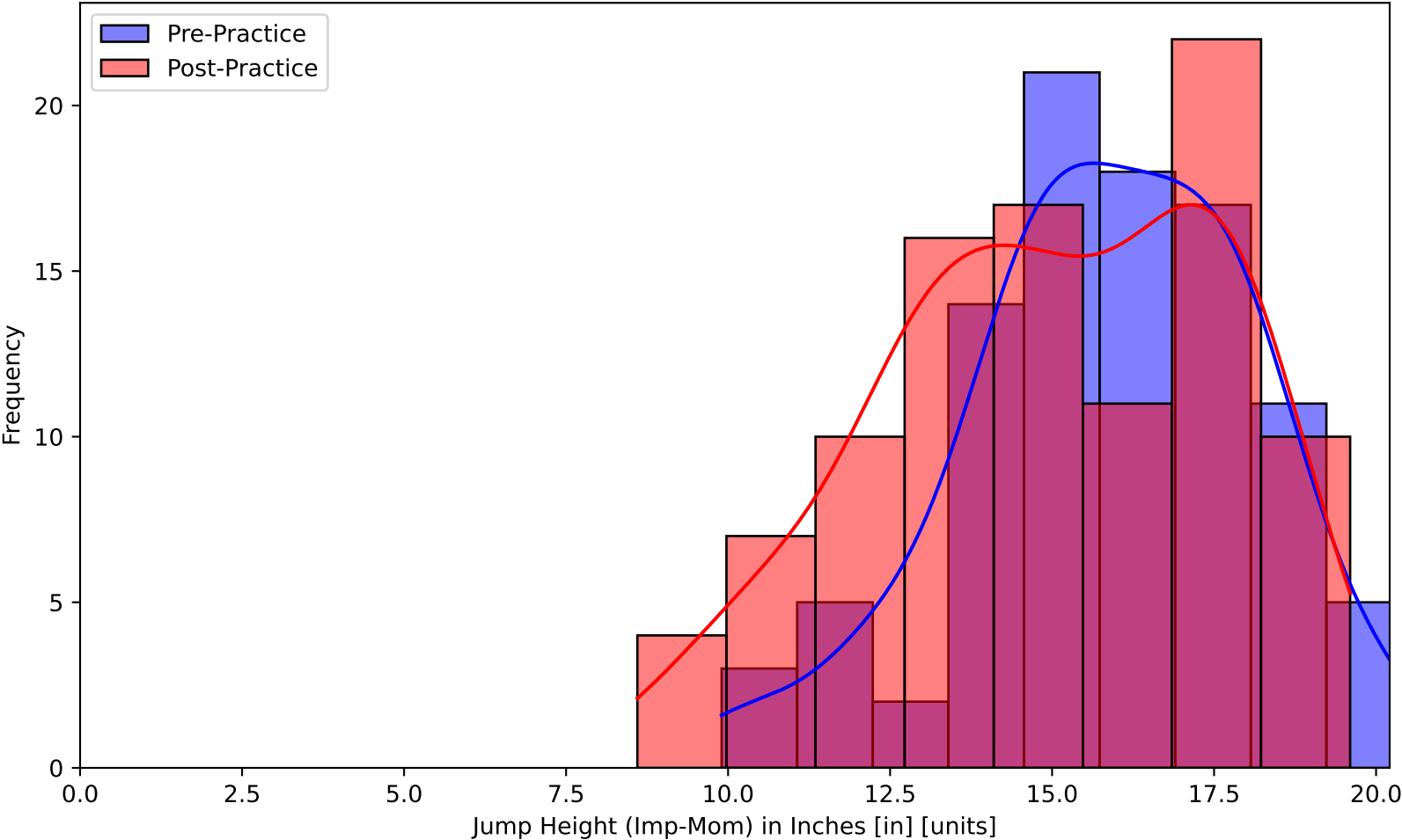
Distribution of RSI-modified (Imp-Mom) [m/s] Pre and Post Practice



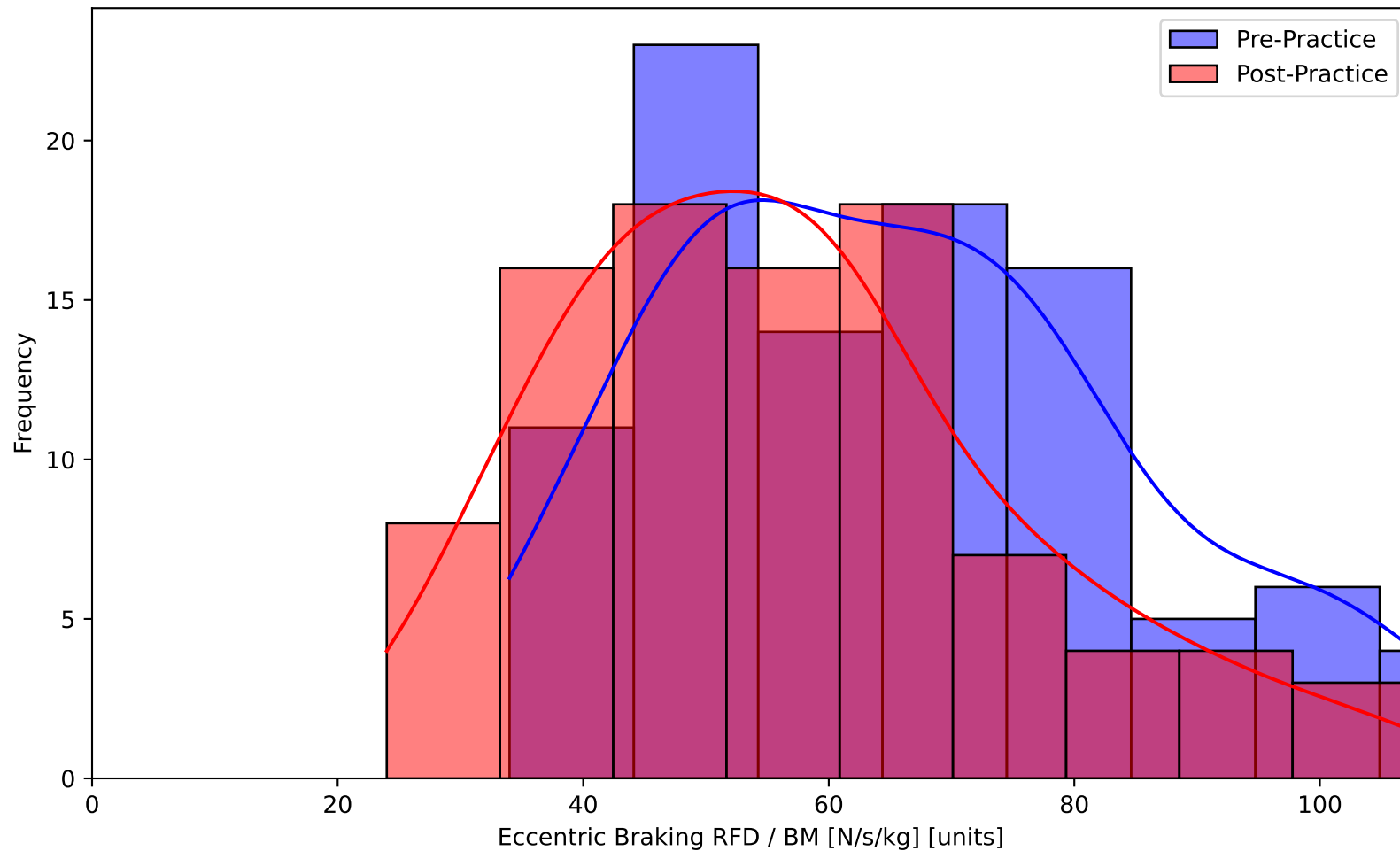
Distribution of Eccentric Duration [ms] Pre and Post Practice



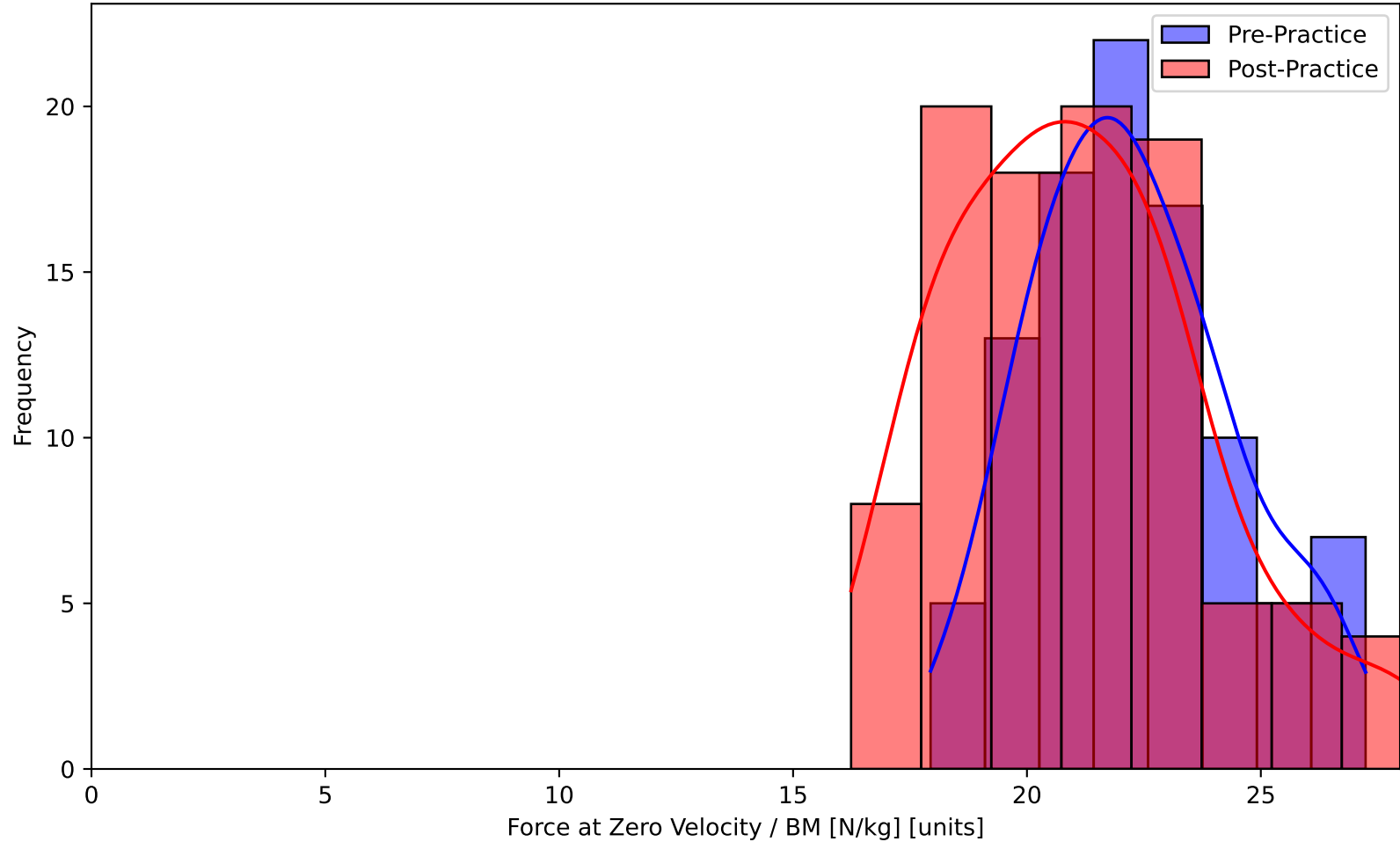
Distribution of Jump Height (Imp-Mom) in Inches [in] Pre and Post Practice



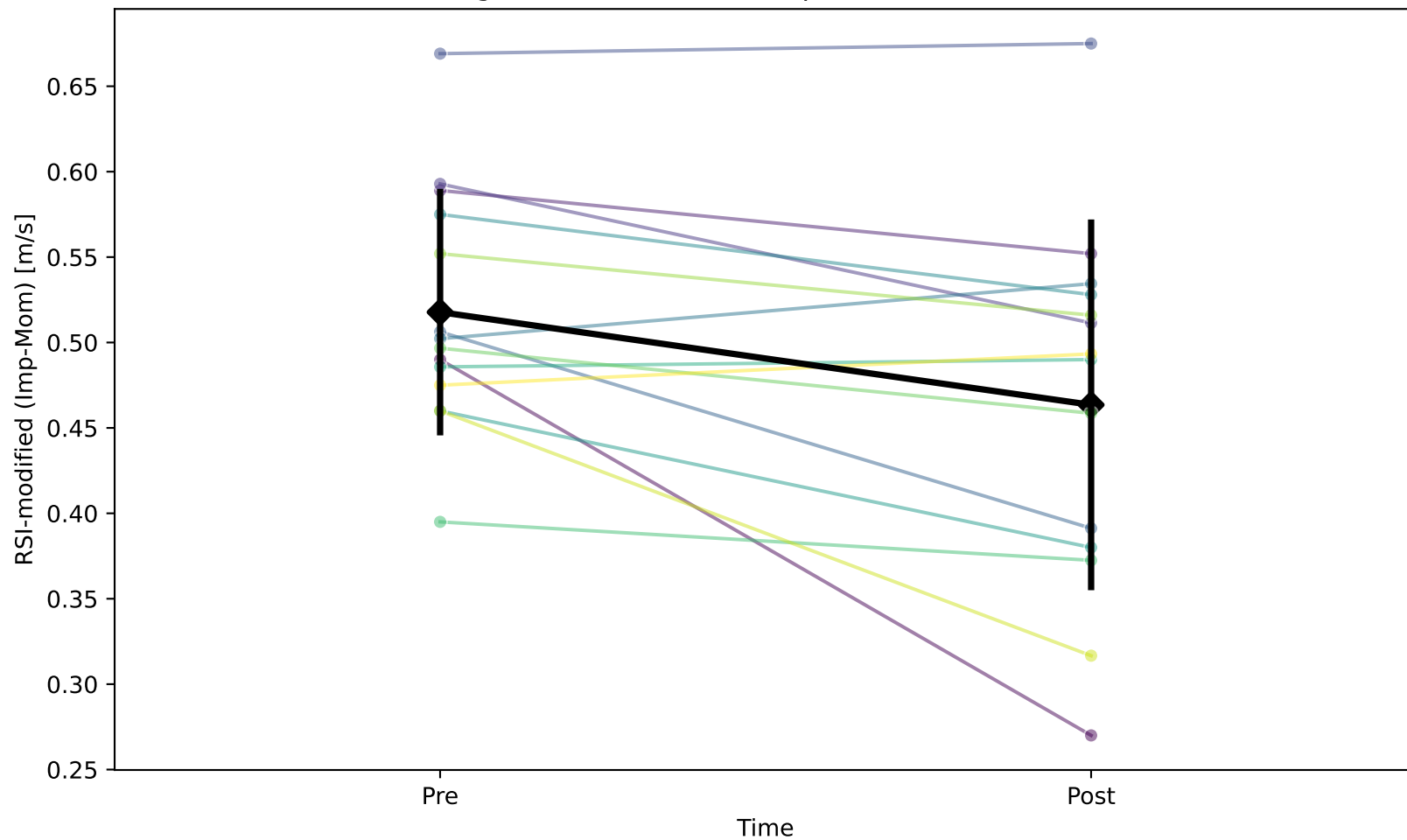
Distribution of Eccentric Braking RFD / BM [N/s/kg] Pre and Post Practice



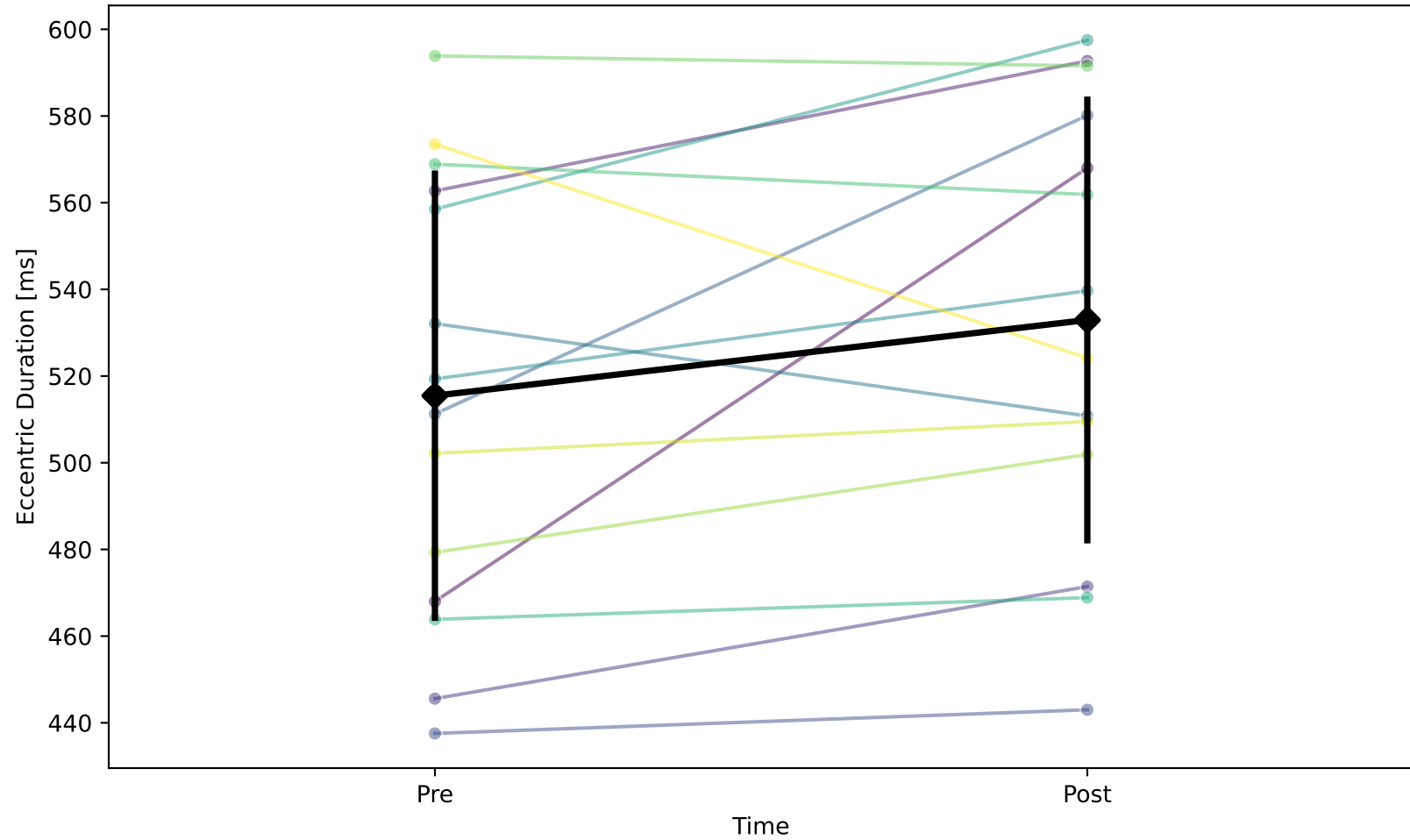
Distribution of Force at Zero Velocity / BM [N/kg] Pre and Post Practice



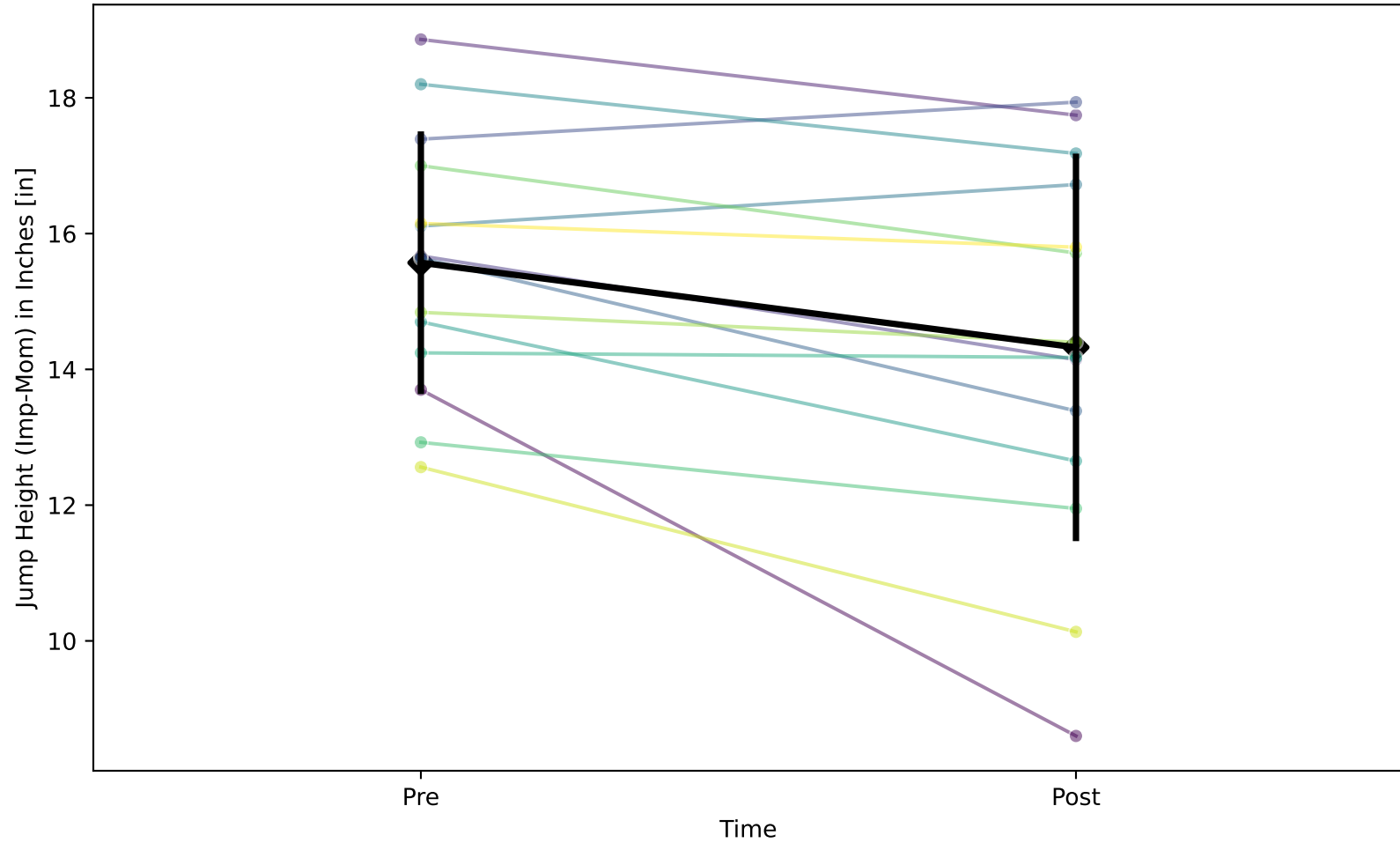
Paired Changes in RSI-modified (Imp-Mom) [m/s] from Pre to Post



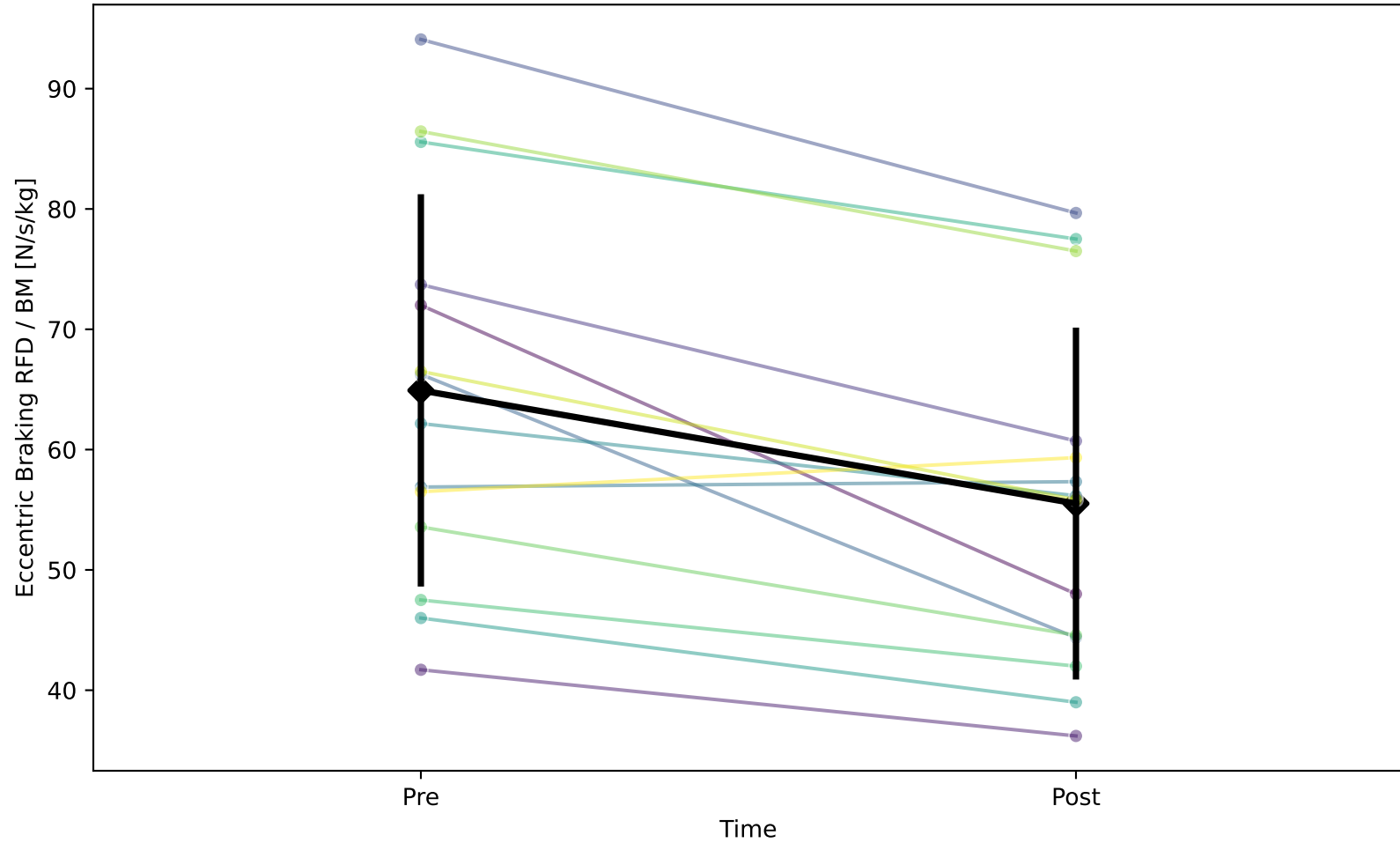
Paired Changes in Eccentric Duration [ms] from Pre to Post



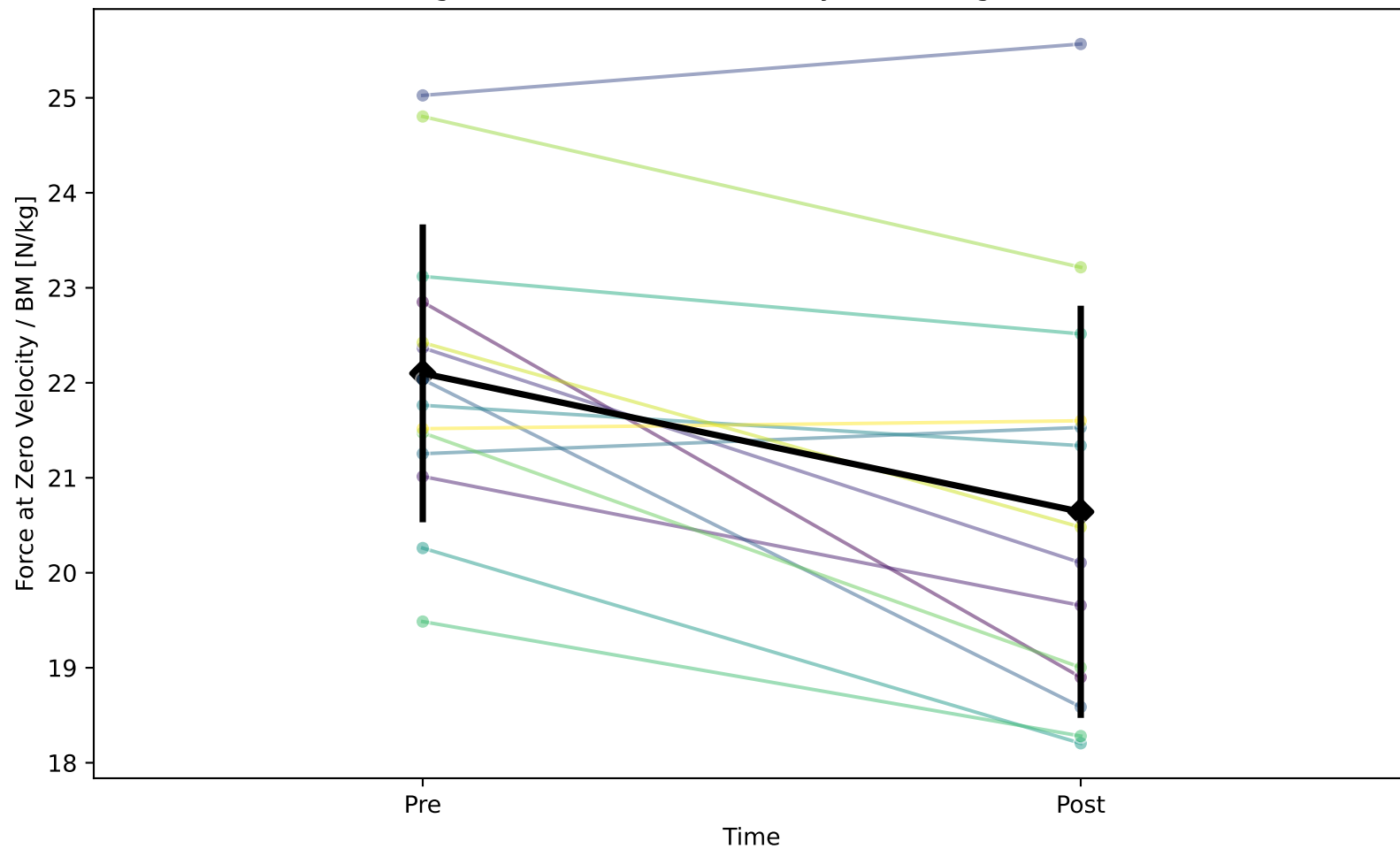
Paired Changes in Jump Height (Imp-Mom) in Inches [in] from Pre to Post



Paired Changes in Eccentric Braking RFD / BM [N/s/kg] from Pre to Post



Paired Changes in Force at Zero Velocity / BM [N/kg] from Pre to Post



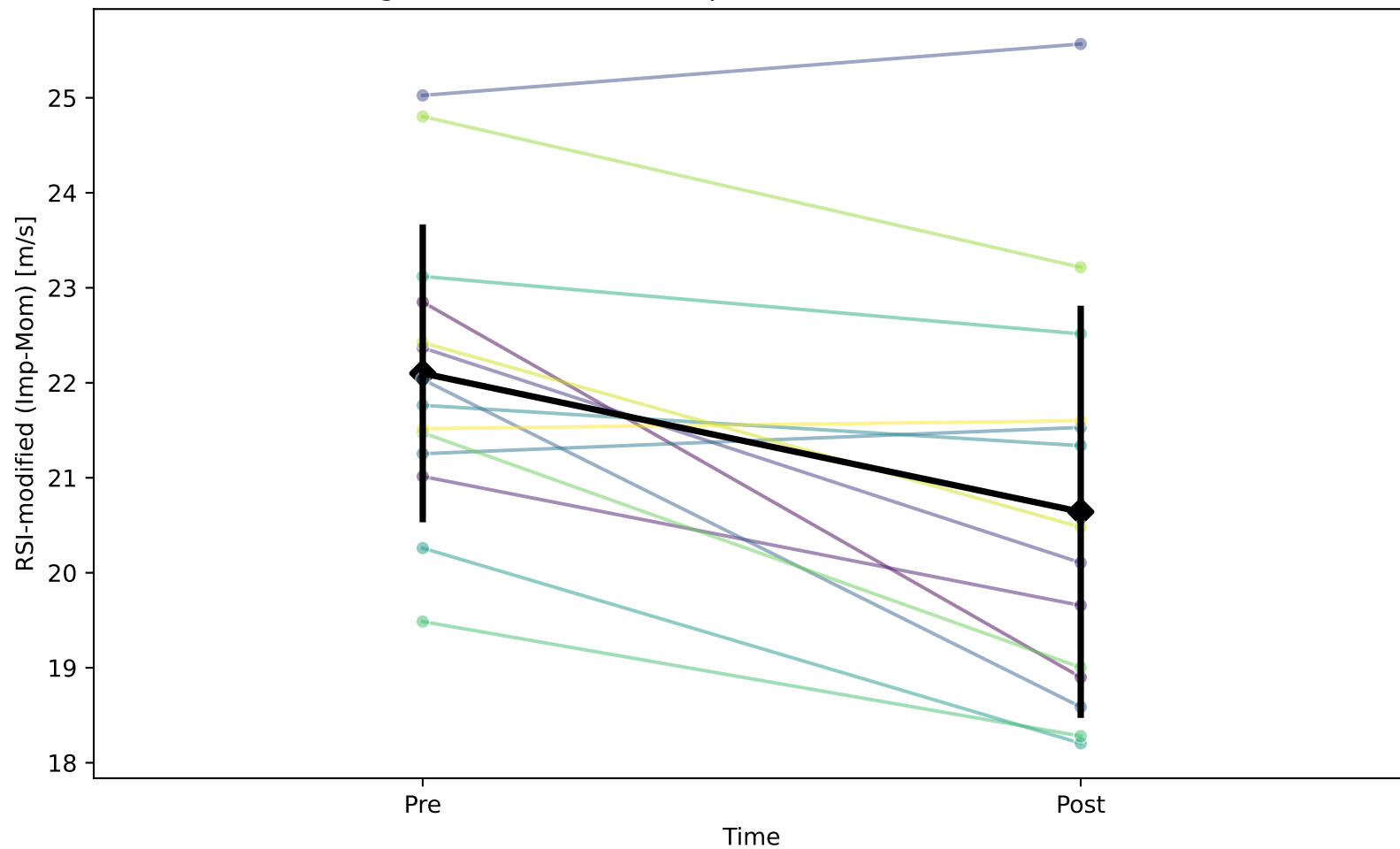
Descriptive Statistics for Forwards (Means and Standard Deviations)

	('mean', 'Pre')	('mean', 'Post')	('std', 'Pre')	('std', 'Post')
RFD / BM [N/s/kg]	66.07	59.68	16.03	15.94
[ms]	530.59	523.64	60.88	59.61
ctivity / BM [N/kg]	22.17	20.88	1.74	1.89
Mom) in Inches [in]	15.0	13.84	2.61	2.8
Mom) [m/s]	0.48	0.44	0.06	0.09

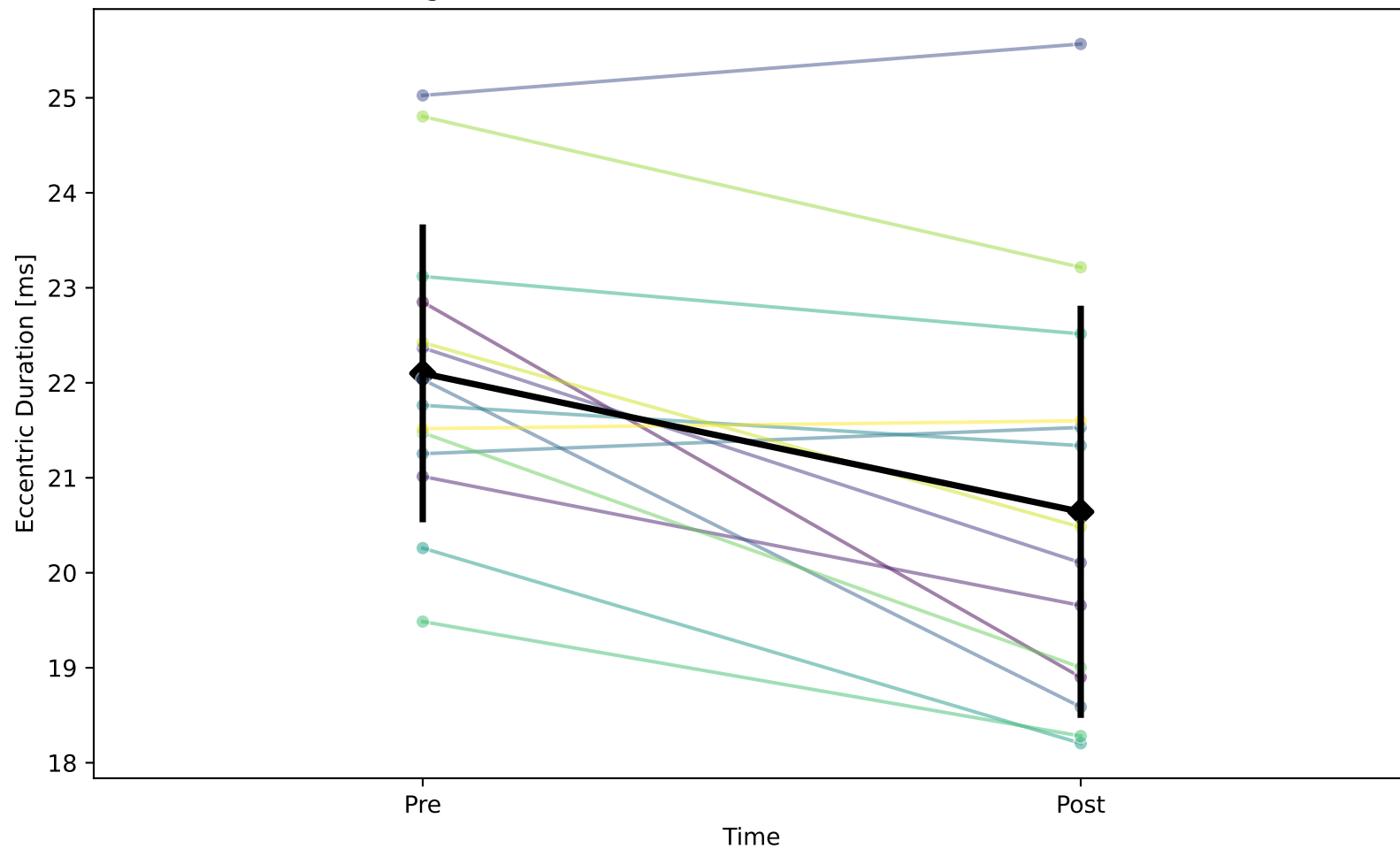
Descriptive Statistics for Guards (Means and Standard Deviations)

	('mean', 'Pre')	('mean', 'Post')	('std', 'Pre')	('std', 'Post')
RFD / BM [N/s/kg]	66.19	55.33	20.46	19.06
[ms]	507.25	525.14	54.67	63.28
city / BM [N/kg]	22.28	21.18	2.26	3.03
Mom) in Inches [in]	16.2	15.43	1.96	2.44
Mom) [m/s]	0.55	0.51	0.09	0.11

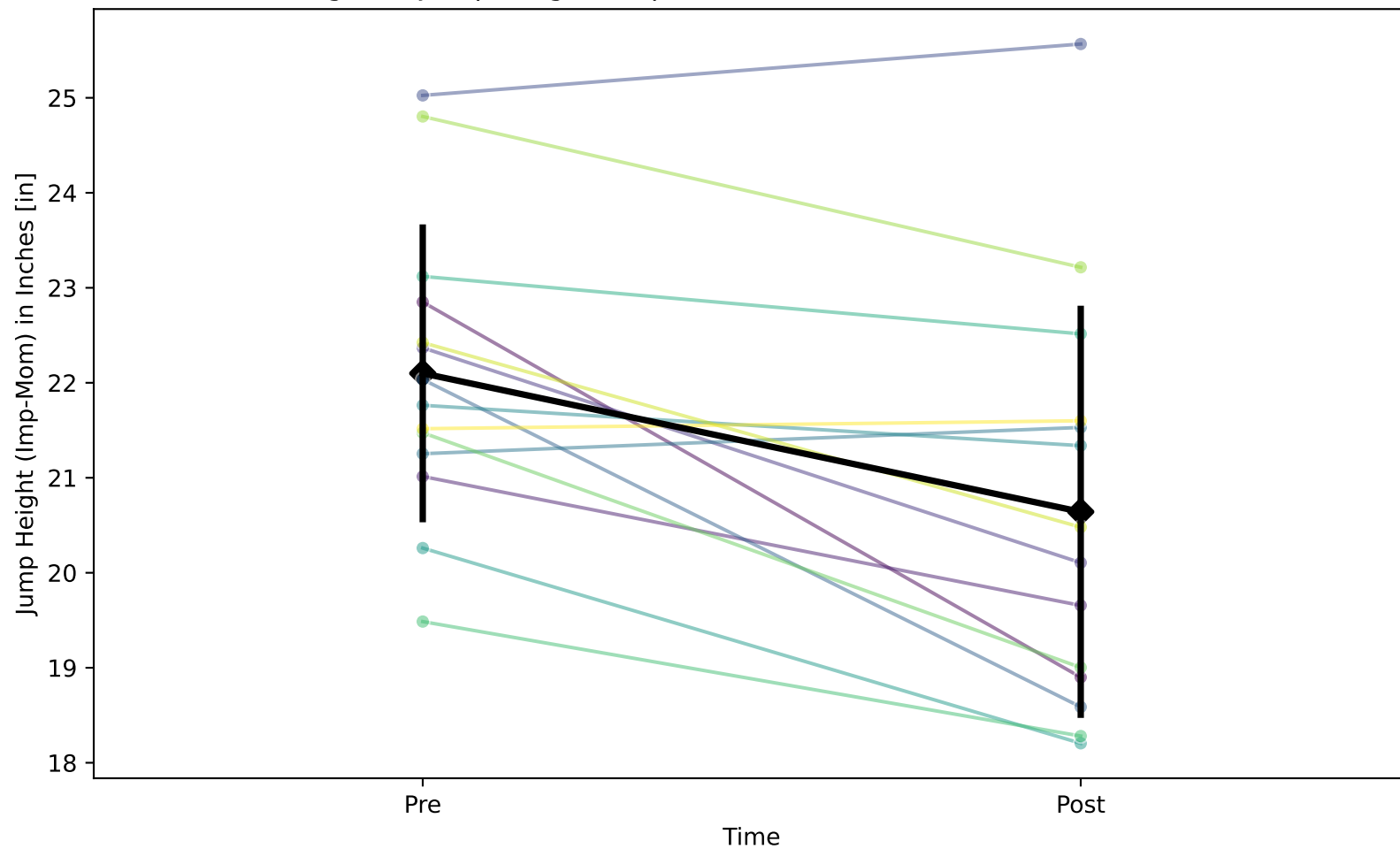
Paired Changes in RSI-modified (Imp-Mom) [m/s] from Pre to Post (Forwards)



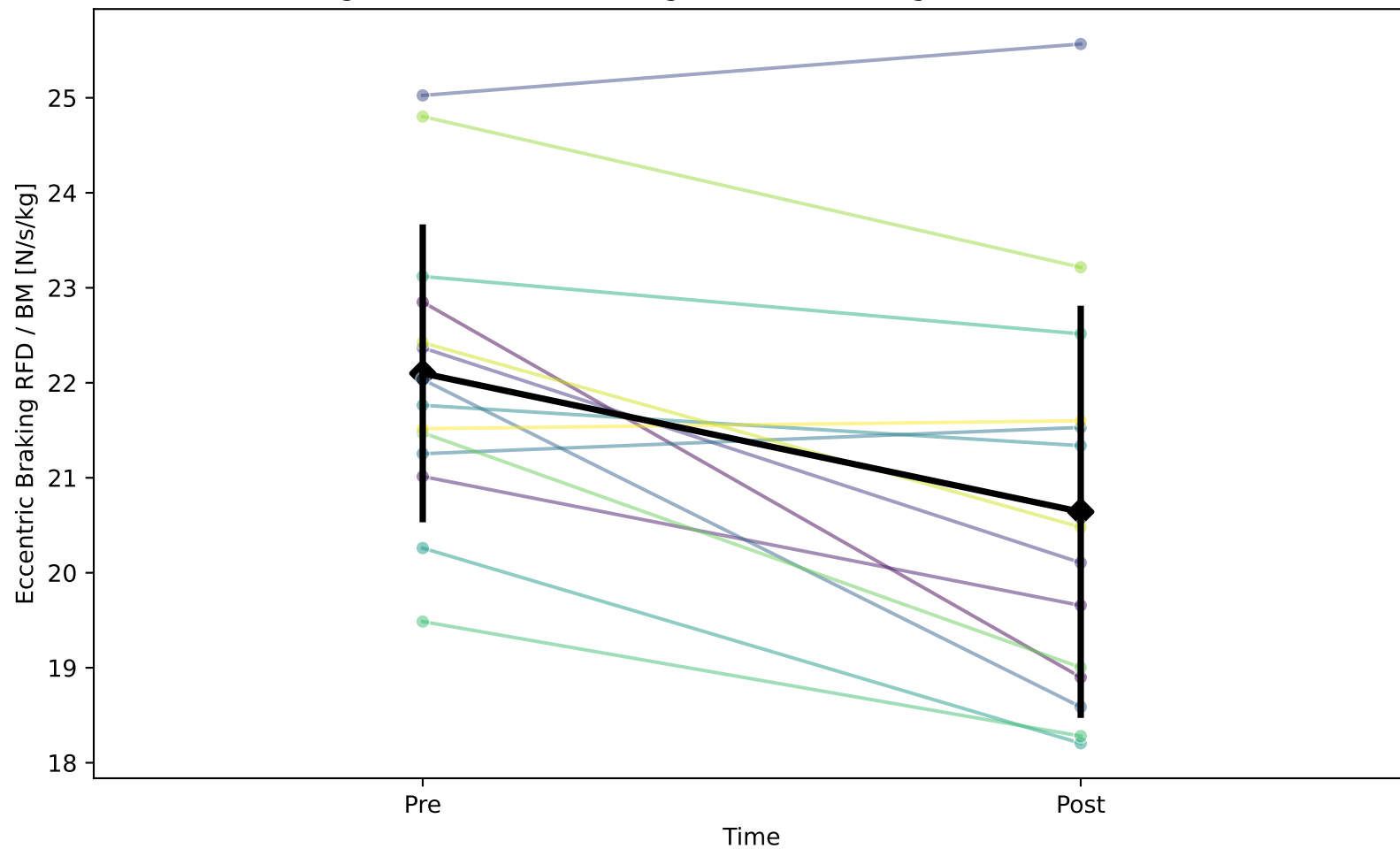
Paired Changes in Eccentric Duration [ms] from Pre to Post (Forwards)



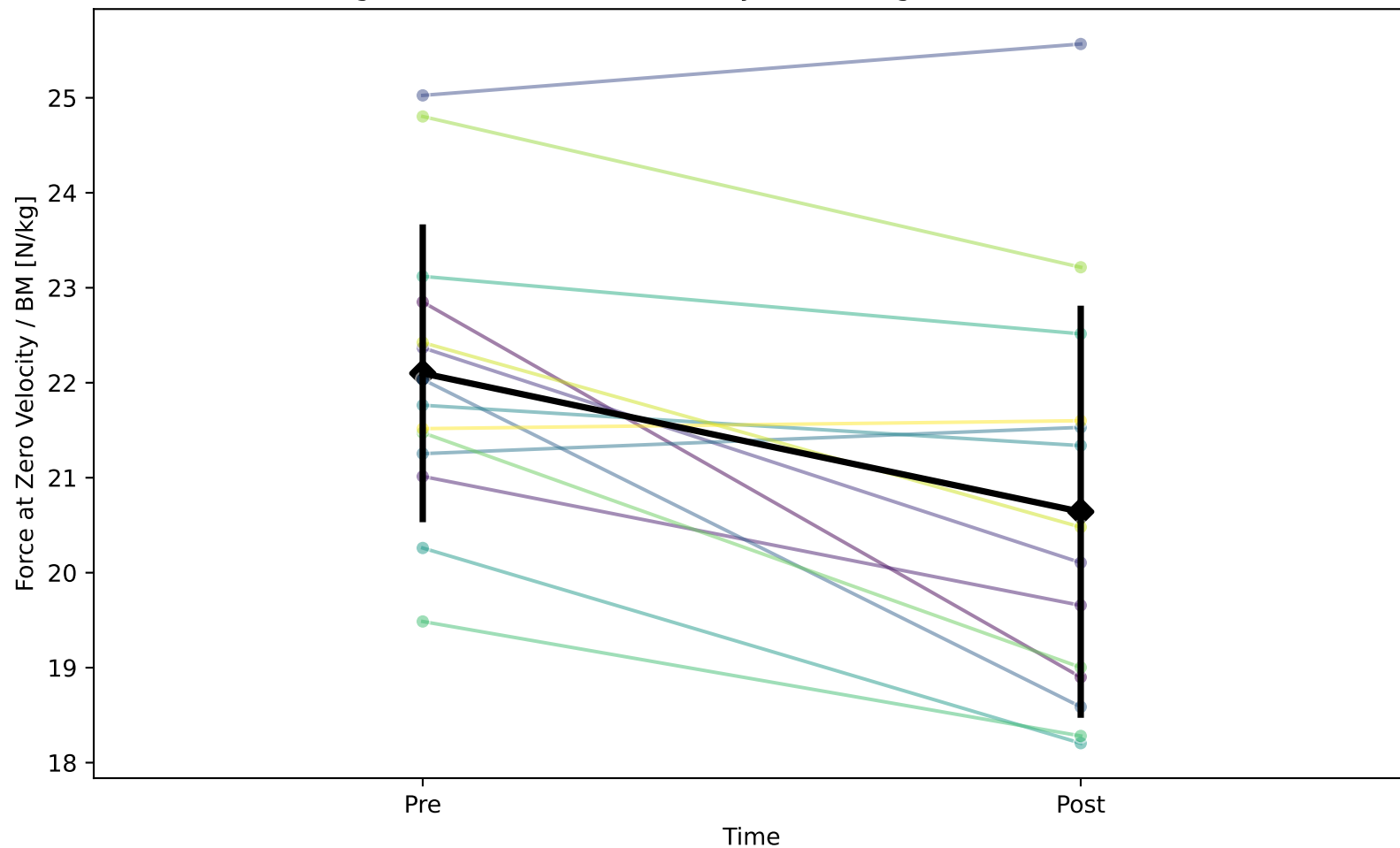
Paired Changes in Jump Height (Imp-Mom) in Inches [in] from Pre to Post (Forwards)



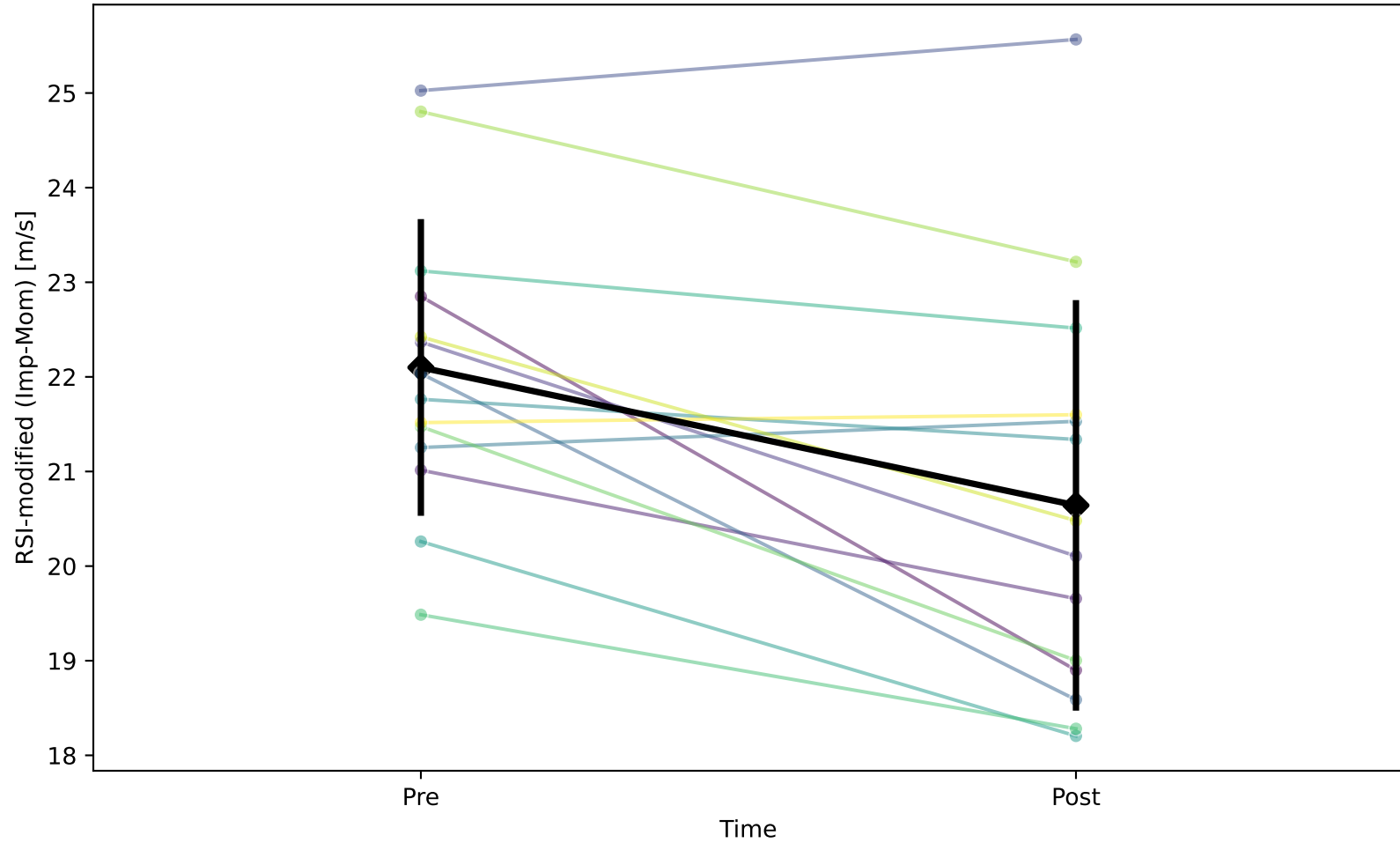
Paired Changes in Eccentric Braking RFD / BM [N/s/kg] from Pre to Post (Forwards)



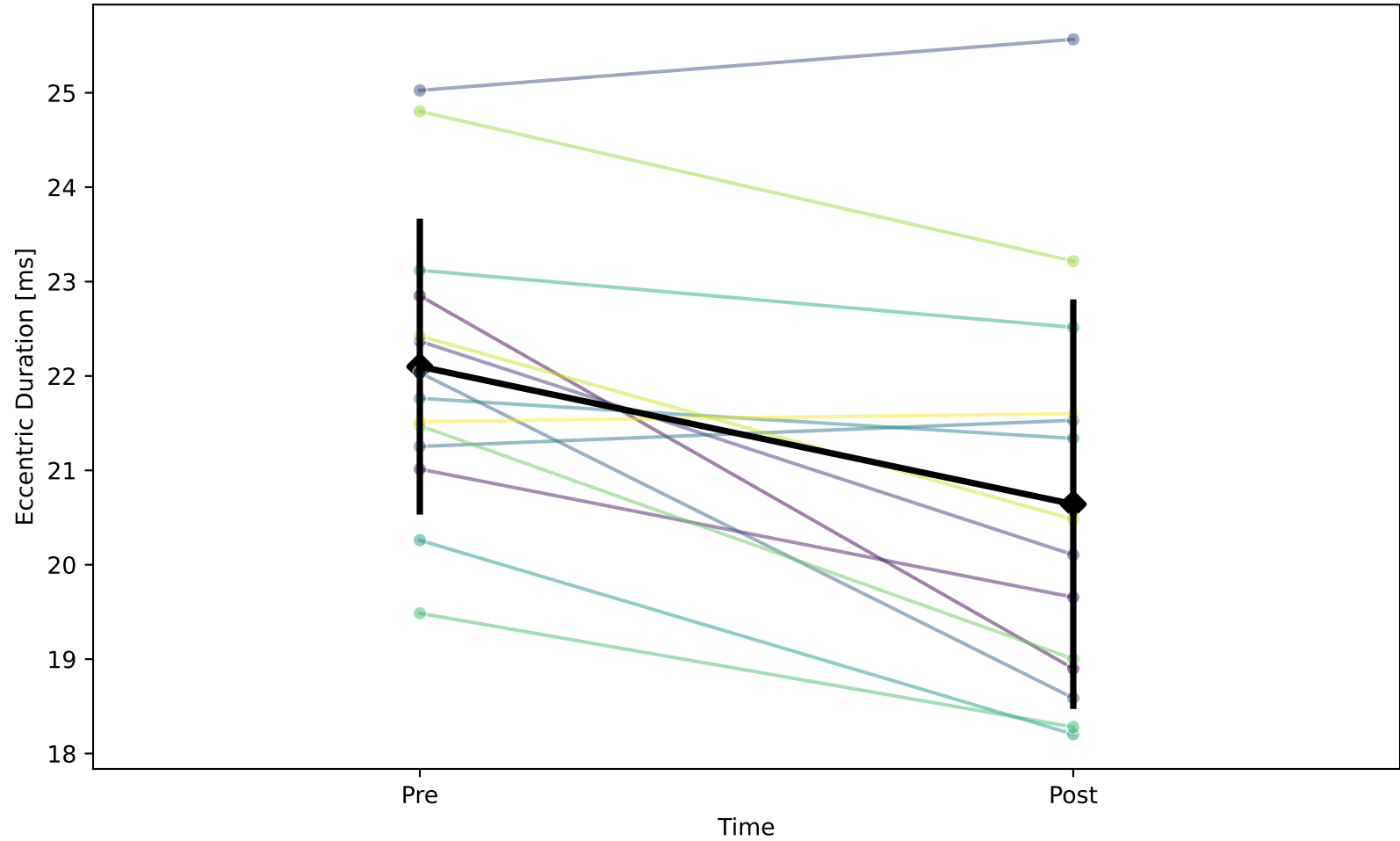
Paired Changes in Force at Zero Velocity / BM [N/kg] from Pre to Post (Forwards)



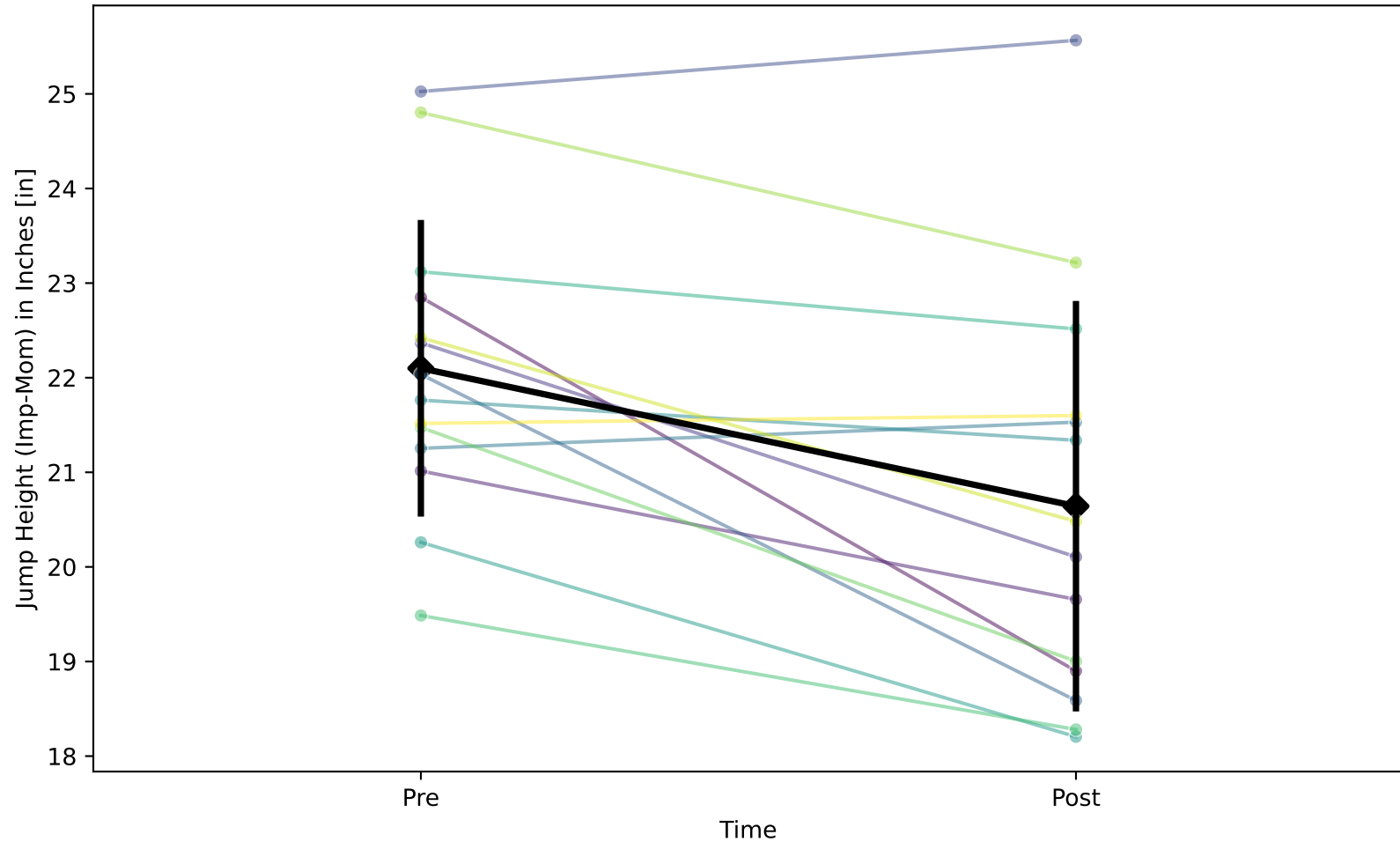
Paired Changes in RSI-modified (Imp-Mom) [m/s] from Pre to Post (Guards)



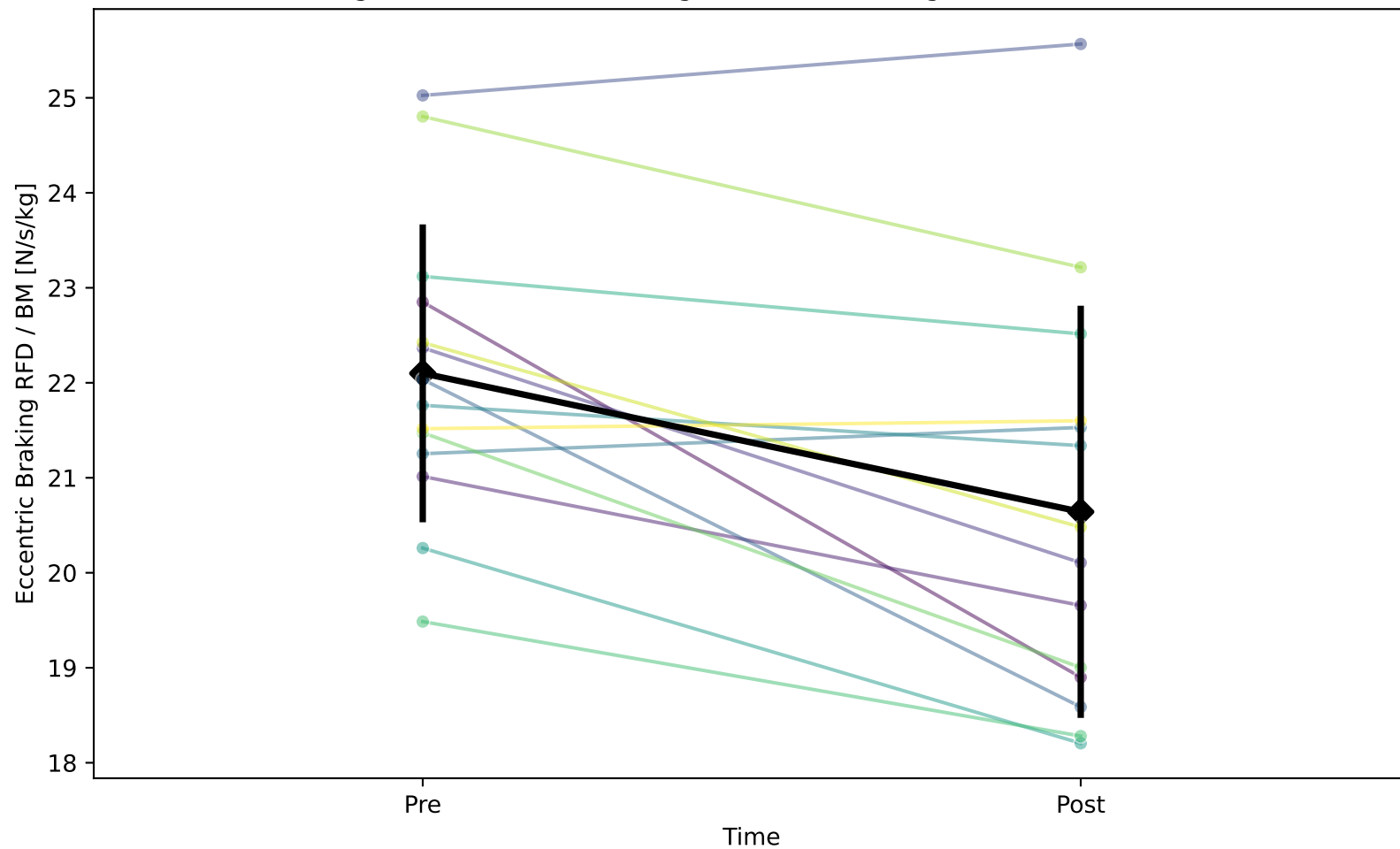
Paired Changes in Eccentric Duration [ms] from Pre to Post (Guards)



Paired Changes in Jump Height (Imp-Mom) in Inches [in] from Pre to Post (Guards)



Paired Changes in Eccentric Braking RFD / BM [N/s/kg] from Pre to Post (Guards)



Paired Changes in Force at Zero Velocity / BM [N/kg] from Pre to Post (Guards)

