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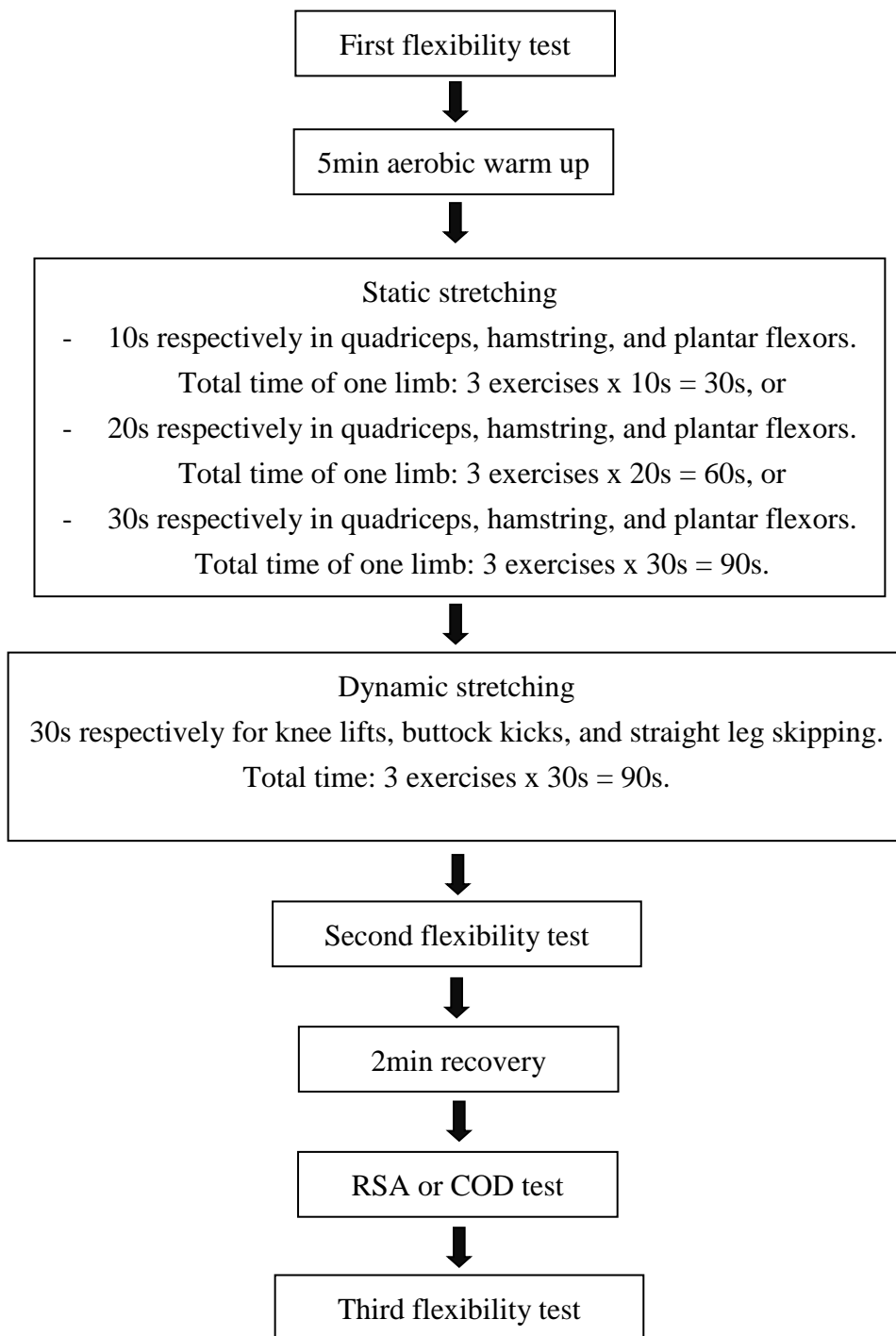


Figure 1. Research design.

COD = change of direction; and RSA = repeated sprint ability.

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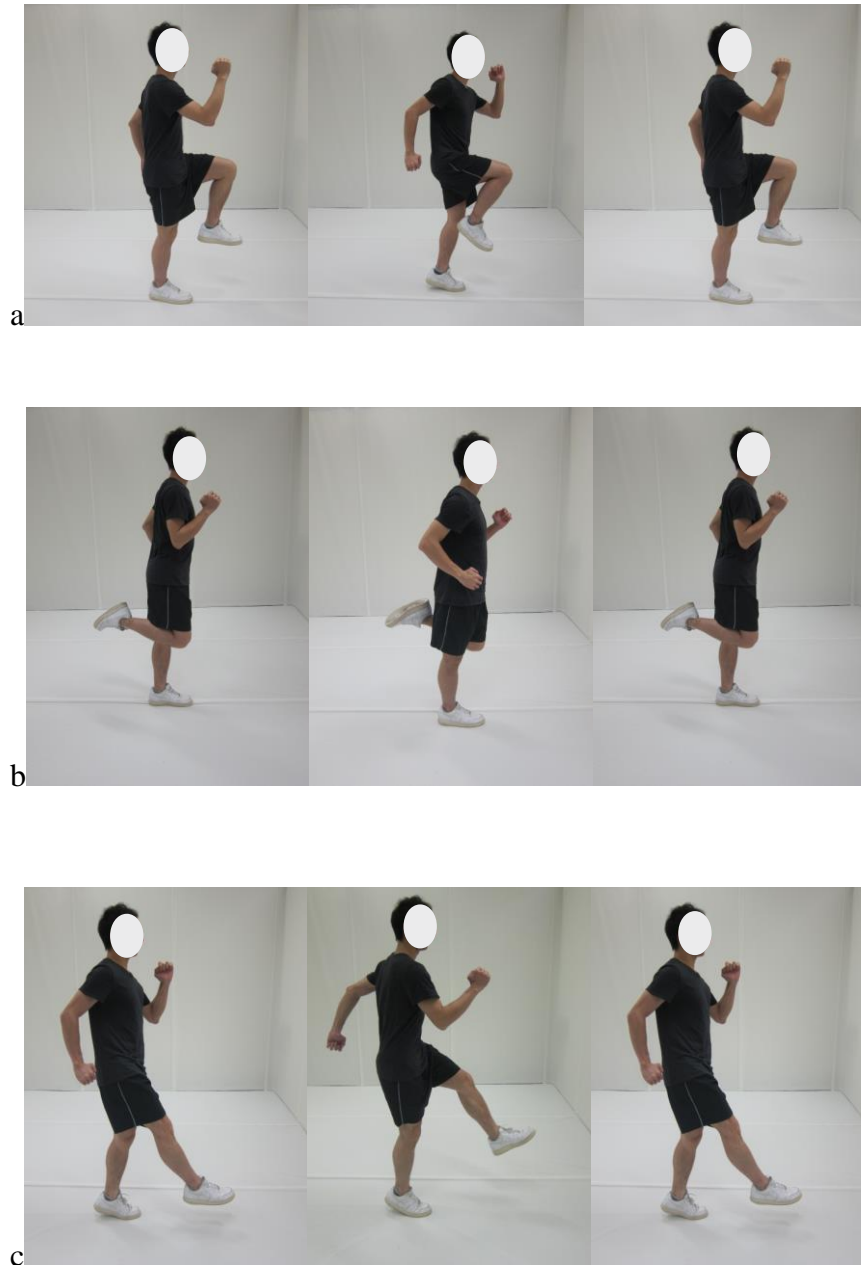


Figure 2. Movements of (a) high knee lifts, (b) buttock kicks and (c) straight leg skipping.