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	T1	1.5±0.0 <sup>c</sup>	1.5±0.0 <sup>c</sup>	1.5±0.0 <sup>c</sup>	1.6±0.1	1.5±0.1 <sup>c</sup>
<b>20 m EV (s)</b>	T3	2.9±0.1 <sup>a</sup>	2.9±0.1	2.9±0.1	2.9±0.1	2.8±0.1
	T2	3.0±0.1	2.8±0.2 <sup>a</sup>	2.9±0.1 <sup>a</sup>	2.8±0.1 <sup>a</sup>	2.8±0.1
	T1	2.8±0.1 <sup>c</sup>	2.7±0.1 <sup>c</sup>	2.8±0.0 <sup>c</sup>	2.8±0.1	2.8±0.1
	T3	4.2±0.10 <sup>a</sup>	4.2±0.2	5.4±0.1	4.1±0.2 <sup>a</sup>	4.1±0.2
<b>30 m SS (s)</b>	T2	4.4±0.3	4.1±0.1 <sup>a</sup>	5.4±0.2	4.3±0.1	4.0±0.1 <sup>a</sup>
	T1	4.0±0.3 <sup>c</sup>	4.0±0.1 <sup>c</sup>	5.2±0.2 <sup>c</sup>	4.1±0.1 <sup>c</sup>	3.9±0.2 <sup>c</sup>
	T3	5.4±0.2 <sup>a</sup>	5.5±0.3	5.4±0.1	5.3±0.2 <sup>a</sup>	5.4±0.2
<b>40m AS (s)</b>	T2	5.5±0.3	5.4±0.2 <sup>a</sup>	5.4±0.2	5.4±0.1	5.3±0.1 <sup>a</sup>
	T1	5.1±0.1 <sup>c</sup>	5.1±0.2 <sup>c</sup>	5.2±0.2 <sup>c</sup>	5.4±0.2	5.2±0.2 <sup>c</sup>
	T3	67.0±12.0 <sup>a</sup>	67.6±8.1 <sup>a</sup>	71.2±15.8 <sup>a</sup>	65.6±8.2 <sup>a</sup>	64.5±7.5 <sup>a</sup>
<b>Flexibility (cm)</b>	T2	60.0±5.0	60.2±6.0	54.0±2.6	45.5±8.0	59.8±6.3 <sup>c</sup>
	T1	69.7±0.9 <sup>c</sup>	67.1±5.3 <sup>c</sup>	61.0±2.7 <sup>c</sup>	59.6±3.3 <sup>c</sup>	53.7±5.9
	T3	48.4 ±1.5	47.2±3.4	52.5±3.2	47.5±6.1 <sup>a</sup>	52.2 ±7.6
<b>Vertical jump (cm)</b>	T2	60.0±5.0 <sup>ac</sup>	60.2±2.6 <sup>ac</sup>	54.0±6.0 <sup>ac</sup>	45.5±8.0	59.8±6.3 <sup>ac</sup>
	T1	59.0±12.7	54.1±6.2	47.5±0.7	50.6 ±6.2 <sup>c</sup>	56.4±5.3
	T3	7790±238	7577±313	7613±221	7451±468 <sup>a</sup>	7588±587
<b>Peak power (W)</b>	T2	8345±243 <sup>ac</sup>	8441±328 <sup>ac</sup>	7911±458 <sup>ac</sup>	7297±627	8103±545 <sup>ac</sup>
	T1	8308±780	8047±517	7261±76	7604±396 <sup>c</sup>	7899±275 <sup>c</sup>
	T3	1556±125	1442±169	1370 ±87	1356±201 <sup>a</sup>	1359±255
<b>Average power (W)</b>	T2	1704±75 <sup>ac</sup>	1762±212 <sup>ac</sup>	1534±185 <sup>ac</sup>	1294±261	1553±236 <sup>ac</sup>
	T1	1698±314	1618±235	1235±37	1397±154 <sup>c</sup>	1483±132
	T3	12.3±0.3	13.3±0.2	13.2±0.2	12.8±0.5	12.9±0.3
<b>MAS</b>	T2	12.1±0.2	13.5±0.2	13.0±0.8	12.9±0.4	13.1±0.3 <sup>a</sup>
	T1	15.3±0.6 <sup>c</sup>	16.2±0.8 <sup>c</sup>	16.3±0.7 <sup>c</sup>	16.5±0.7 <sup>c</sup>	16.4±1.1 <sup>c</sup>
	T3	48.3±2.1	54.1±1.3	53.8±1.3 <sup>a</sup>	51.6±2.8	52.1±1.7
<b>VO<sub>2</sub>max</b>	T2	47.3±1.1	55.4±1.4 <sup>a</sup>	52.5±4.6	52.0±2.4 <sup>a</sup>	53.4±2.1 <sup>a</sup>
	T1	53.8±2.2 <sup>c</sup>	57.1±3.1 <sup>c</sup>	57.1±2.7 <sup>c</sup>	58.0±2.7 <sup>c</sup>	57.6±4.1 <sup>c</sup>

T3 (Aigle Royal of Menoua), T2 (APEJES of Mfou), T1 (Coton sport of Garoua), GK (goalkeepers), CD (central defenders), ED (external defenders), MF (midfielders), FW (fowards), <sup>a</sup>= difference between T3 and T2, and <sup>c</sup>= difference between T2 and T1. ES: explosive start; EV: explosivity vivacity; SS: simple speed; AS: aerobic speed