Figure 2. Percent jumping height decrement (% Dec) during and after each set of high-intensity intermittent efforts (HIE), while performed with (COD) or without (i.e, straight-line, SL) changes of direction. CMJ: countermovement jump; DJ: drop jump; COD: change of direction. #: possible within condition difference vs. pre-test jump, ##: likely within condition difference. n = 11.