## **Supporting Information**

## One-step synthesis of SnCo nanoconfined in hierarchical carbon nanostructures for lithium ion battery anode

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Fig. S1 EDS pattern of the SnCo@CNT-3DC composite.



Fig. S2 (a) TEM image of the SnCo@CNT-3DC shown in Fig. 3d. (b, c) Fourier transforms and interplanar spacing measurements of particle 1 and 2 shown in Fig.S2a, respectively. The

interplanar spacings of these two nanoparticles are measured to be  $\approx 0.279$  nm and  $\approx 0.207$  nm, which are well matched with the d-spacing of Sn (101) and CoSn<sub>2</sub> (202), respectively.



Fig. S3 (a) SEM image, (b) TEM image of the SnCo/C composite.

Table S1. Conductivity of the SnCo@CNT-3DC and SnCo/C composites.

Sample	Pressure (MPa)	Thickness (mm)	Conductivity (S cm <sup>-1</sup> )
SnCo@CNT-3DC	17	0.77	109.29
SnCo/C	17	0.76	11.99



Fig. S4. (a) Raman spectrums of the SnCo@CNT-3DC and SnCo/C composites. (b) TG and DSC curves of the SnCo@CNT-3DC composite. (c)  $N_2$  adsorption-desorption isotherms and (d) pore distribution of the SnCo@CNT-3DC composites.



Fig. S5 (a) XRD pattern of the SnCo@CNT-3DC composite after TG test. (b) TG curve of the SnCo/C composite.

Fig. S5a shows the XRD pattern of the SnCo@CNT-3DC composite after TG test. It can be seen that the final products are SnO<sub>2</sub> and Co<sub>3</sub>O<sub>4</sub>. And the content of final products from TG analysis is 55 wt%. So, based on the atomic ratio of Sn to Co in the precursor (4:1), the Sn and Co contents are calculated using the following equation:

$$Sn wt\% \times \frac{Sn02(molecular weight)}{Sn(molecular weight)} + Co wt\% \times \frac{Co304(molecular weight)}{3 \times Co(molecular weight)} = 55\%$$
(S1)

$$\frac{Sn wt\%}{Sn(molecular weight)} \cdot \frac{Co wt\%}{Co(molecular weight)} = 4:1$$
(S2)

Sn wt% = 38.2 %; Co wt% = 4.7 %



Fig. S6 XPS spectrum of the SnCo@CNT-3DC composite.



**Fig. S7** (a) Cycling performance and (b) rate performance of the SnCo@CNT-3DC composites with different Sn and Co ratios, in which the SnCo@CNT-3DC (4:1) exhibits the best electrochemical performance.



**Fig. S8** (a) EIS curves of the SnCo@CNT-3DC and SnCo/C composite electrodes. (b) Calculation of Li<sup>+</sup> transfer coefficient of the SnCo@CNT-3DC and SnCo/C composite electrodes.

We also calculated the Li<sup>+</sup> transfer coefficient using equations as following:

$$D = R^2 T^2 / 2n^4 F^4 \sigma 2 w A^2 C^2$$
(S3)

$$Z' = R + \sigma_w \omega^{-1/2} \tag{S4}$$

The R, T, n, F,  $\sigma_w$ , A and C in equations present the gas constant, the absolute temperature, charge-transfer number, the Faraday constant, the Warburg coefficient, the electrodes' surface area and the Li<sup>+</sup> concentration in the electrode, respectively. Since the values of R, T, n, F, A and C in above equations are almost the same for the SnCo@CNT-3DC and SnCo/C electrodes, the diffusion coefficient of these two electrodes are in direct proportion to the square of  $\sigma_w$ , which is the slope of the impedance to  $\omega^{-1/2}$ . As shown in Figure S4b, the diffusion coefficient of the SnCo@CNT-3DC electrode is more than 10 times higher than that of the SnCo/C electrode, which is in good consistency with the result shown in Figure 6c.



Fig. S9 (a, b) TEM images of the SnCo@CNT-3DC electrode after 100 cycles at a current density of 0.1 A  $g^{-1}$ 



Fig. S10 Schematic illustration of structural advantages of the SnCo@CNT-3DC for lithium storage.

Materials	Current density (A g <sup>-1</sup> )	Discharge capacity (mAh g <sup>-1</sup> )	Capacity after (x) cycles	Capacity at high current density (mAh g <sup>-1</sup> )
SnCo@CNT-3DC	0.1	739	826(100)	450(2 A g <sup>-1</sup> )
(This work)	5	350	280(1000)	380(5 A g <sup>-1</sup> )
Sn-Co@C <sup>S1</sup>	0.1	945	818(100)	472 (2 A g <sup>-1</sup> )
SnCo/PAN-CNFs <sup>S2</sup>	0.6	560	548(100)	~280 (3.025 A g <sup>-1</sup> ) ~200 (6.05 A g <sup>-1</sup> )
meso-Co <sub>0.3</sub> Sn <sub>0.7</sub> S3	~0.7	~663	~530(50)	~400 (2 A g <sup>-1</sup> )
Sn-Co@graphene <sup>S4</sup>	0.5	672	560(60)	~483 (0.8 A g <sup>-1</sup> )
GNS-SnCo <sup>S5</sup>	~0.072	1100	600(60)	~500(0.72 A g <sup>-1</sup> )
Sn-Co alloy film <sup>S6</sup>	0.148	~850	~650(60)	/
CoSn <sub>5</sub> <sup>S7</sup>	0.1	~500	480(100)	/
CoSn <sub>3</sub> -MWCNTs <sup>S8</sup>	0.1	~480	~350(20)	/
Co-Sn/CNF <sup>S9</sup>	0.161	~710	560(80)	~400(4.3 A g <sup>-1</sup> )

Table S2 Electrochemical performances of various SnCo anode materials for LIBs.

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