|  |  |  |  |
| --- | --- | --- | --- |
| **1. One legged knee squat** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Knee over foot alignment
* Trunk control
* Stable hip
* Whole foot contact ground
* Foot pointing forward
 |
| Exercise level: A B C D Pair exerciseNumber of repetitions: |
| Player ID:  |
| **2. Pelvic lift** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Trunk control
* Hip extension
 |
| Exercise level: A B C D Pair exerciseNumber of Repetitions: |
| Player ID: |
| **3. Two legged knee squat** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Knee over foot alignment
* Upright position trunk
* Knee flexion to 90°
* Feet pointing forward
 |
| Exercise level: A B C D Pair exerciseNumber of Repetitions: |
| Player ID: |
| **4. The bench** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Elbows beneath shoulders
* Upper body & trunk straight
* For side-bench: one elbow beneath shoulder
 |
| Exercise level: A B C D Pair exerciseNumber of Repetitions: |
| Player ID: |
| **5. The lunge** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Knee over foot alignment
* Trunk control
* Stable hip
* Forward knee flexed to 90°
* Foot pointing forward
 |
| Exercise level: A B C D Pair exerciseNumber of Repetitions: |
| Player ID: |
| **6. Jump & landing** | **Correct** | **Incorrect** | **Criteria not met** |
| Overall assessment  |  |  | * Knee over foot alignment
* Trunk control
* Knee control
* Controlled jump & landing
* Soft landing
* Foot pointing forward at landing
 |
| Exercise level: A B C D Pair exerciseNumber of Repetitions: |
| Player ID: |

Electronic Supplementary Material Appendix S1 Checklist for exercise fidelity