|  |  |  |  |
| --- | --- | --- | --- |
| **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 exercise  Number 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 exercise  Number 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 exercise  Number 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 exercise  Number 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 exercise  Number 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 exercise  Number of Repetitions: | | |
| Player ID: | | |

Electronic Supplementary Material Appendix S1 Checklist for exercise fidelity