|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | SLH | | THOP | |
| *Test reliability* | | *Left* | *Right* | *Left* | *Right* |
| *CV (%):* | 7.68  [4.02,11.33] | | 5.94  [4.34,7.54] | 4.37  [3.22,5.52] | 3.96  [2.67,5.24] |
| *ICC:* | 0.74  [0.55,0.87] | | 0.78  [0.65,0.88] | 0.91  [0.77,0.96] | 0.89  [0.79,0.95] |
| SLH = Single leg hop; THOP = Triple hop; CV = Coefficient of variation; ICC = Intraclass correlation coefficient | | | | | | |

**Supplementary File**

**Table S1.** Within-session reliability of hop tests (*n* =21). Mean and [95% CI].

**Table S2.** Absolute hop data (*n* = 21). Mean ± SD

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | SLH | | | THOP | |
| *Metric* | | *Left* | | *Right* | *Left* | *Right* |
| *Distance (cm)* | 134.07 ± 20.37 | | 136.86 ± 17.37 | | 460.8 ± 59.4 | 472.2 ± 51.10 |
| SLH = Single leg hop; THOP = Triple hop | | | | | | | |

**Table S3.** Mean inter-limb asymmetry values and Kappa coefficient for hop tests (*n* = 21). Mean ± SD (unless otherwise stated).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Asymmetry*  *Metric* | *SLH %* | *THOP %* | *SLH vs. THOP*  *Hedges g [95% CI]* | *Kappa Coefficient* |
|  | | | | |
| Hop Distance | 7.43±6.38 | 6.09±6.11 | -0.21 [-0.72, 0.28]; *p*=0.400 | 0.32 (*Fair)* |
| SLH = Single leg hop; THOP = Triple hop  N.B. Mean inter-limb asymmetry values are not directional. | | | | |

**Figure S1.** Individualasymmetry across hop tests. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.

**Figure S2.** Individualasymmetry across knee extensor angular velocities. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.

**Figure S3.** Individualasymmetry across knee flexor angular velocities. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.

**Figure 2.** Individualpeak force asymmetry (across jump tests). N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.