

Author/Year		Excercise Description	Multi-Planar	Saggittal (S)	Frontal (F)	Transverse (T)	Bilateral Weight Bearing	Single Limb Stance	Non-Weight Bearing	Trunk & Hip Dissoc. Control	Flight Phase	Totals
Barber-Foss	1	Lateral jump and hold			x			x			x	3
2018	1	Step hold		x				x				2
	1	BOSU (round) swimmers		x					x			2
	1	BOSU (round) double knee hold		x					x			2
	1	Single-legged lateral AIREX hop hold	x	x	x			x		x	x	5
	1	Bilateral tuck jump with soft landing		x			x				x	3
	1	Front lunges		x			x					2
	1	Lunge jumps		x			x				x	3
	1	BOSU (flat) double legged pelvic bridges		x					x			2
	1	Single-legged 90 degree hop hold	x	x		x		x			x	4
	1	BOSU (round) lateral crunch			x				x			2
	1	Swiss ball back hyperextensions		x					x			2
	1	Single-legged Romanian deadlift		x				x		x		3
	1	Unanticipated hop to stabilization (level 1)*	x	x	x			x			x	4
	1	Hop to stabilization and reach (level 1)	x	x	x			x			x	4
15												
Bee-Oh	1	Jog to line		x				x			x	3
2009	1	Shuttle run (side to side)	x		x	x		x			x	4
<i>Lim 2009</i>	1	Backward running		x				x			x	3
	1	Calf stretch*		x			x					2
	1	Quadriceps stretch*		x					x			2
	1	Hamstring stretch*		x					x			2
	1	Inner thigh stretch*			x				x			2
	1	Hip flexor stretch*		x					x			2
	1	Walking lunges		x			x					2
	1	Russian hamstring		x					x			2
	1	Single toe raises		x				x				2
	1	Lateral hops over a cone			x		x				x	3
	1	Forward/backward hops over cone		x			x				x	3
	1	Single-leg hops over cone*		x				x			x	3
	1	Vertical jumps with headers		x			x			x	x	4
	1	Scissors jump		x			x				x	3
	1	Shuttle run with forward/backward running	x	x		x		x			x	4
	1	Diagonal runs	x	x	x			x			x	4
	1	Bounding runs		x				x			x	3
	1	Bridiging with alternating hip flexion		x					x			2

Chena (11+)	1	Running straight ahead			x				x		x	3
2019	1	Running hip out	x	x		x			x		x	5
<i>Brito 2010</i>	1	Running hip in	x	x		x			x		x	5
<i>Longo 2012</i>	1	Running circling partner		x					x		x	3
<i>Oliano 2017</i>	1	Running shoulder contact	x	x	x				x		x	5
<i>Thompson 2017</i>	1	Running quick forwards/backwards		x					x		x	3
<i>Grooms 2013</i>	1	The bench static		x						x		2
<i>Daneshjoo 2013</i>	1	Sideways bench static				x				x		2
<i>Silvers-Granelli 2017</i>	1	Hamstrings beginner		x						x		2
	1	Single leg stance hold the ball				x			x			2
	1	Squats with toe raises		x				x				2
	1	Jumping vertical jumps		x				x			x	3
	1	The bench alternate legs		x						x		2
	1	Sideways bench raise and lower hip				x				x		2
	1	Hamstring intermediate		x						x		2
	1	Single leg stance throwing ball with partner				x			x		x	3
	1	Squats walking lunges		x				x				2
	1	Jumping lateral jumps				x			x		x	3
	1	The bench one leg lift and hold		x						x		2
	1	Sideways bench with leg lift				x				x		2
	1	Hamstring advanced		x						x		2
	1	Single leg stance test your partner	x	x	x				x		x	4
	1	Squats one leg squats		x					x			2
	1	Jumping box jump	x	x	x			x			x	4
	1	Running across the pitch		x					x		x	3
	1	Running bounding		x					x		x	3
	1	Running plant and cut*	x	x	x				x		x	4
27												
DiStefano	1	Adductor stretch				x				x		2
2009	1	Side bridge hip raise				x				x		2
<i>Root 2015</i>	1	Calf stretch		x					x			2
	1	Heel raise with internal rotation	x	x		x	x					3
	1	Diagonal ball reach	x	x		x	x				x	4
	1	Side step tubing				x		x				2
	1	Hip bridge		x						x		2
	1	Multiplanar Lunges (135 degrees)	x	x		x	x					3
	1	Multiplanar lunges	x	x	x		x					3

	1	Multiplanar hops to balance	x	x	x			x		x	4
	1	Multiplanar hops to balance (135 degrees)	x	x		x		x		x	4
	1	Single legged squat		x				x			2
	1	Forward line hops		x			x			x	3
	1	Sideways line hops			x		x			x	3
	1	Squat jumps		x			x			x	3
	1	Walking lunge		x			x				2
	1	Vertical jump with header		x			x		x	x	4
	1	Single leg balance toss			x			x	x		3
	1	Sideways shuffle			x			x			2
	1	Hamstring stretch		x					x		2
	1	Quadriceps stretch		x					x		2
	1	Hip flexor stretch		x					x		2
22											
DiStefano	1	Forward lunge		x			x				2
2011	1	Broad jump		x			x			x	3
	1	Single leg squat		x				x			2
	1	Hip bridge		x					x		2
	1	Calf stretch		x				x			2
	1	Hip Flexor stretch		x					x		2
	1	Adductor stretch			x				x		2
	1	Squat jumps		x			x			x	3
	1	Double leg forward hops		x			x			x	3
	1	Single leg forward hops		x				x		x	3
	1	Double leg sideways hops			x		x			x	3
	1	Single leg sideways hops			x			x		x	3
	1	180 deg. jump to balance	x	x		x	x			x	4
	1	Single leg forward hop to balance	x	x	x			x	x	x	5
	1	Single leg ball toss			x			x	x		3
	1	Toe-heel walk		x				x			2
	1	High knee run		x				x		x	3
	1	Sideways shuffle			x		x			x	3
	1	Z cuts	x	x		x		x		x	4
	1	Double leg squat		x			x				2
	1	Toe walk		x			x				2
	1	Double leg heel raise		x			x				2
	1	Straight leg march		x				x			2
	1	Hand walk		x			x		x		3

	1	Squat jump			X			X			X	3	
	1	Side plank				X				X		2	
	1	Push up			X					X		2	
	1	Single leg reach			X				X		X	3	
	1	Side hop to balance				X			X			X	3
	1	Ice skater				X			X			X	3
	1	L hop	X	X			X		X			X	4
17													
Finch	1	Squares	X	X	X				X			X	4
2014	1	Weaving bounds (a)	X	X	X				X			X	4
	1	Weaving bounds (b)	X	X	X				X			X	4
	1	Weaving hops	X	X	X				X			X	4
	1	Dura-disc balance bilateral stance				X		X					2
	1	Wobble board balance	X	X	X				X		X		4
	1	Balance hand passing	X	X	X				X		X		4
	1	Balance kicking	X	X	X				X		X		4
	1	Dura-disc hop	X	X	X				X		X	X	5
	1	Hurdle jumps			X			X				X	3
	1	Lateral hurdle jumps				X			X			X	3
	1	Hurdle jump (PP step)	X	X	X				X			X	4
	1	Hurdle jump (UP step)	X	X	X				X			X	4
	1	Hurdle hop			X				X			X	3
	1	Pre-planned change of direction	X	X	X				X			X	4
	1	Un-planned change of direction	X	X	X				X			X	4
	1	Un-planned change of direction (180 turn)	X	X			X		X			X	4
	1	Swiss ball kneeling			X						X		2
	1	Swiss ball squat			X			X					2
	1	Mini-tramp landing			X			X				X	3
	1	Mini-tramp landing lateral hop	X	X	X			X				X	4
	1	Mini-tramp landing hop and step	X	X	X				X			X	4
	1	Mini tramp landing catch and step	X	X	X				X		X	X	5
	1	Shuttle runs	X	X			X		X			X	4
	1	Bunny jumps			X			X				X	3
	1	Standing triples			X				X			X	3
	1	Sprints (Iying start)			X				X			X	3
	1	Resisted sprints			X				X			X	3
	1	Tempo runs* Forward			X				X			X	3
	1	Tempo runs* Side				X			X			X	3

	1	Kneeling beach sprints*						X			X	3
	1	Graduated sprints						X			X	3
	1	Stoppies						X			X	3
	1	Pre-planned change of direction - double forward	X	X	X			X			X	4
	1	Backpedals (a)						X			X	3
	1	Backpedals (b)	X	X	X			X			X	4
	1	T-test	X	X	X	X		X			X	5
37												
Fox	1	Standing on both feet; jump and land						X			X	3
2018	1	2 feet jump; 1 foot landing						X			X	3
	1	Stationary forward lunge						X				2
	1	2 feet jump and land (N,S, E, W) 1/4 turn jumps	X	X		X		X			X	4
	1	2 feet jump and land with ball						X			X	3
	1	2 feet jump and 1 foot land with ball						X			X	3
	1	Run up and land while catching a ball in the air						X		X	X	4
	1	2 feet jump and 2 feet land with rotation	X	X		X		X			X	4
	1	Walking forward lunges						X				2
	1	2 feet jump 1 foot land with rotation	X	X		X		X			X	4
	1	2 feet jump and land with ball (N,S, E, W) 1/4 turn jumps	X	X		X		X			X	4
	1	Hop (N, S, E, W)	X	X	X			X			X	4
	1	Run up, land, pivot pass behind to known player	X	X		X		X		X	X	5
	1	Step lunge forward						X				2
	1	Quick feet and lunge forward						X				2
	1	Step lunge forward with ball						X				2
	1	Quick feet and lunge forward with ball						X			X	3
	1	Run up, land, pivot pass behind to Unknown player	X	X		X		X		X	X	5
	1	Quick feet and side step	X	X	X			X				3
	1	Quick feet and side step with ball	X	X	X			X				3
	1	Break from a defender, run up, land, pivot pass behind to known player	X	X		X		X		X	X	5
	1	Jump, lunge, land						X			X	3
	1	Jump, lunge, land with ball						X			X	3
	1	Break from a defender, run up, land, pivot pass behind to UNknown player	X	X		X		X		X	X	5
	1	Moving jump lunge/land						X			X	3
25												
Hagglund	1	One legged knee squat: hands on hips						X				2
2009	1	One legged knee squat holding ball overhead						X		X		3
Lindblom 2019	1	Single leg bend overs while holding ball, touch the ground on diagonal	X	X		X		X		X		4

	1	Jump in place, rotating 180 deg	x	x		x	x			x	4
	1	Squat jumps		x			x			x	3
	1	Broad jumps		x			x			x	3
	1	Jump over 3in cones front to back		x			x			x	3
	1	Jump over 3in cones side to side			x		x			x	3
	1	Bounding in place		x			x			x	3
	1	Scissors jumps		x			x			x	3
	1	Side to side bounding			x		x			x	3
	1	Single leg hop, hop, stick landing		x				x		x	3
	1	Jump, jump, jump, vertical jump		x				x		x	3
	1	Single leg jump for distance		x				x		x	3
	1	Jump into bounding		x			x			x	3
	1	Diagonal bounding	x	x	x		x			x	4
	1	Shuttle run	x	x		x		x		x	4
	1	Diagonal run	x	x	x			x		x	4
	1	Lateral shuffle			x			x		x	3
48											
Lephart	1	Quadriceps stretch		x					x		2
2005	1	Hamstrings stretch		x					x		2
	1	Hip flexor stretch		x					x		2
	1	TFL stretch			x		x				2
	1	Hip adductor stretch			x				x		2
	1	Calf stretch		x			x				2
	1	Single leg balance			x			x			2
	1	Single leg balance- flex knee	x	x	x			x			3
	1	Single leg balance- perturbations*	x	x	x			x		x	4
	1	Lateral step downs			x			x			2
	1	Theraband leg curls		x					x		2
	1	Theraband leg extensions		x					x		2
	1	Theraband squats		x			x				2
	1	Abdominal curl ups		x					x		2
	1	Side bridging, bent knees			x				x		2
	1	Forward lunges		x			x				2
	1	Lateral lunges			x		x				2
	1	Single leg hip hike			x			x			2
	1	Standing hip rotations*				x		x		x	3
	1	Single leg forward hops		x				x		x	3
	1	Double leg forward hops		x			x			x	3

	1	Crossover step- ski stop maximum vertical*				X				X			X	3
Table 2	1	BOSU (round) double crunch				X						X		2
	1	BOSU (round) opposite swivel crunch, feet up				X						X		2
	1	Swiss ball reverse back hyperextensions				X						X		2
	1	Deep hold position*				X						X		2
	1	Box butt touch				X				X				2
	1	Line jump, forward - deep hold				X				X			X	3
	1	Line jump, lateral - deep hold			X				X				X	3
	1	Box drop - deep hold				X				X			X	3
	1	Single leg squat - deep hold				X				X				2
	1	BOSU (flat) deep hold	X	X	X				X					3
	1	BOSU (flat) drop squats	X	X	X				X				X	4
	1	BOSU (round) jump, stick landing, hold	X	X	X				X			X	X	5
	1	BOSU (round) both knees - hold	X	X	X						X			3
	1	BOSU (round) crunches				X						X		2
	1	BOSU (round) swivel crunch, feet planted				X						X		2
	1	BOSU (round) single leg pelvic bridges				X						X		2
	1	BOSU (round) supermans				X						X		2
	1	BOSU (flat) drop stick - deep hold	X	X	X				X				X	4
	1	BOSU (flat) deep hold partner perturbations	X	X	X				X			X		4
	1	Box drop, lateral - deep hold						X					X	3
	1	Single legged line hop, front/back- deep hold				X				X			X	3
	1	Single legged squat - heel touches*				X				X				2
	1	Swiss ball, both knees - deep hold				X			X					2
	1	BOSU (round) single legged step - stick deep hold	X	X	X					X		X		4
	1	Double crunch				X						X		2
	1	Table double crunch				X						X		2
	1	Table double swivel crunch				X						X		2
	1	Table reverse hyperextensions				X						X		2
	1	BOSU (round) lateral crunch				X						X		2
	1	BOSU (round) swimmers				X						X		2
	1	Double BOSU (flat) deep hold - partner perturbations	X	X	X				X			X		4
	1	BOSU (flat) drop single legged airex stick - deep hold	X	X	X					X		X	X	5
	1	BOSU (round) single legged deep partner ball toss	X	X	X					X		X		4
	1	Swiss ball, both knees, deep hold partner perturbations				X						X		2
	1	BOSU (round) single legged (4 way) hop stick - deep hold	X	X	X					X		X	X	5
	1	BOSU (flat) single legged ball pick up	X	X	X					X		X		4
	1	Airex walking lunges				X			X					2
	1	BOSU (flat) single legged squats	X	X	X					X		X		4

	1	BOSU (flat) single legged deep hold, partner perturbations	x	x	x		x		x		4
	1	Straight leg lifts with toe punch		x				x			2
	1	Straight leg lateral double crunch			x			x			2
Table 3	1	Dumbbell hang snatch		x		x					2
	1	Bench butt touch		x		x					2
	1	Barbell squat		x		x					2
	1	Bench press		x				x			2
	1	Lying leg curl		x				x			2
	1	Lateral pull downs			x			x			2
	1	Ball squat dumbbell floor touches		x		x			x		3
	1	Dumbbell shoulder press			x			x			2
	1	Russian hamstring curl		x				x			2
	1	Seated cable row		x				x			2
	1	Hip abd/add at 60 deg/sec and 120 deg/sec			x			x			2
	1	Double crunch		x				x			2
	1	Hang clean		x		x					2
	1	Leg press		x		x					2
	1	Dumbbells incline press		x				x			2
	1	Front lunges + press		x		x			x		3
	1	Inverted lying pull ups		x				x			2
	1	Stretch dumbbell deadlift*		x		x			x		3
	1	3-way dumbbell shoulder circuit		x				x			2
	1	Bench reverse hyperextensions		x				x			2
	1	Knee flex/ext at 120 deg/sec and 300 deg/sec		x				x			2
	1	Band good mornings		x		x			x		3
	1	Back extensions		x				x			2
	1	Ankle circuit*		x				x			2
	1	Single leg band assisted squat*		x		x					2
	1	Band shoulder press*		x				x			2
	1	Standing cable row		x		x					2
104											
Myer (CSM)	1	Lateral jump and hold			x	x				x	3
2008	1	Lateral jumps			x	x				x	3
Sabet 2019	1	Lateral hop and hold*			x		x			x	3
	1	Lateral hops*			x		x			x	3
	1	Hops*		x			x			x	3
	1	Single tuck jump soft landings		x		x				x	3
	1	Double tuck jumps		x		x				x	3

	1	Jump to a mat catching a ball, then a 180 deg turn on the mat	x	x		x	x		x	x	5
	1	2 legged wobble board ball tosses		x			x			x	3
	1	2 legged wobble board squats		x			x				2
	1	Single legged wobble board squats		x				x		x	3
	1	Single leg balance on wobble board with ball tosses			x			x		x	3
	1	Single leg wobble board with bounding the ball with eyes closed			x			x		x	3
	1	Double leg wobble board balance with partner pushes		x			x			x	3
	1	Single leg wobble board balance with partner pushes			x			x		x	3
20											
Noyes	1	Wall jumps		x			x				3
2013	1	Tuck jumps		x			x				3
	1	Squat jumps		x			x				3
	1	Barrier jumps side to side			x		x				3
	1	Barrier jumps forward and backward		x			x				3
	1	180 deg jumps	x	x		x	x				4
	1	Broad jumps		x			x				3
	1	Bounding in place		x			x				3
	1	Triple broad jump into vertical jump		x			x				3
	1	Single leg hops		x				x			3
	1	Scissor jumps		x			x				3
	1	Bounding for distance		x			x				3
	1	Step, jump up and down, vertical		x			x				3
	1	Mattress jumps*		x			x				3
	1	Triple single leg hop - stick landing		x				x			3
	1	Jump into bounding		x			x				3
	1	Serpentine run	x	x	x			x			4
	1	Modified shuttle*	x	x		x		x			4
	1	Square drill*	x	x	x		x				4
	1	Nebraska drill*	x	x		x		x			4
	1	Illinois drill*	x	x		x		x			4
	1	T-drill	x	x	x	x		x			5
	1	Partner push offs - sprint 10 yrds		x				x	x		4
	1	Sprint - backpedal		x				x			3
	1	Acceleration with band (10, 20 and 30 yrd)		x				x			3
	1	Sprint with ground touches backpedal		x				x	x		4
	1	1/2 field or 50 yrd runs		x				x			3
	1	100 yrd shuttle	x	x		x		x			4
	1	1/4 eagle, sprint, jog back	x	x		x		x			4

	1	50 yrd shuttle	x	x		x		x		x	4
	1	Box drill, sprint 90 deg backpedal, 1/2 field	x	x	x			x		x	4
	1	50 yrd cone drill*		x				x		x	3
	1	Ladder drills, up and back*		x				x		x	3
	1	Ladders, toe touches, dot drills*		x				x		x	3
	1	Split leg jumps		x		x				x	3
	1	180 deg split leg jumps	x	x		x				x	4
36											
Olsen	1	Jogging end to end		x				x		x	3
2005	1	Backward running with sidesteps	x	x	x			x		x	4
Walden 2005	1	Forward running with knee lifts and heel kicks		x				x		x	3
	1	Sideways running with crossovers (carioca)	x		x	x		x		x	4
	1	Sideways running with arms lifted (parade)	x		x	x		x		x	4
	1	Forward running with trunk rotations	x	x		x		x		x	5
	1	Forward running with intermittent stops		x				x		x	3
	1	Speed runs		x				x		x	3
	1	Planting and cutting movements*	x	x	x			x		x	4
	1	Jump shot landings*	x	x	x		x		x	x	5
	1	2 leg balance on wobble board passing the ball		x			x		x		3
	1	2 leg squats on wobble board		x			x				2
	1	1 leg squats on wobble board		x				x		x	3
	1	1 leg on wobble board passing the ball			x			x		x	3
	1	2 legs on wobble board bouncing the ball eyes closed		x			x		x		3
	1	2 legs on wobble board partner perturbations		x			x		x		3
	1	Squats to 80 deg of knee flexion		x			x				2
	1	Bounding strides		x				x		x	3
	1	Forward jumps		x			x			x	3
	1	Jump shot- 2 leg landings	x	x	x		x		x	x	5
	1	Nordic hamstring lowers		x					x		2
21											
Omi	1	Rebound jump (ball catch)		x			x		x	x	4
2018	1	180 deg turn	x	x		x				x	4
	1	2 legged front back jumps		x			x			x	3
	1	2 legged side to side jumps			x		x			x	3
	1	Single leg squat		x				x			2
	1	Side bridge			x				x		2
	1	Hip lift both legs		x					x		2

Pasanen	1	Jogging			x					x		x	3	
2008	1	Carioca running	x			x	x			x			x	4
	1	Sideways gallop				x				x			x	3
	1	Zigzag running forward	x	x	x					x			x	4
	1	Zigzag running backward	x	x	x					x			x	4
	1	Skipping			x					x			x	3
	1	Walking lunges			x			x						2
	1	Slow alternate bounding			x					x			x	3
	1	Combination hops			x					x			x	3
	1	Double leg balance with stick*			x			x						2
	1	Single leg balance with stick				x				x		x		3
	1	Single leg balance wih medicine ball throws				x				x		x		3
	1	Double leg balance on wobble board			x			x						2
	1	Single leg balance on wobble board				x				x		x		3
	1	Forward jumps double leg			x			x					x	3
	1	Forward jumps single leg			x					x			x	3
	1	Lateral skater leaps				x				x			x	3
	1	Split squat jumps			x			x					x	3
	1	Cycled split squat jumps*			x			x					x	3
	1	Double leg jump over stick			x			x					x	3
	1	Single leg jump over stick			x					x			x	3
	1	Double leg backward jump over stick			x			x					x	3
	1	Single leg backward jump over stick			x					x			x	3
	1	Double leg lateral jump over stick				x		x					x	3
	1	Single leg lateral jump over stick				x				x			x	3
	1	Double leg squat with partner on back			x			x						2
	1	Single leg split squat			x					x				2
	1	Nordic hamstrings			x						x			2
	1	Isometric front bridge			x						x			2
	1	Isometric side bridge				x					x			2
	1	Cross curl up			x						x			2
	1	Seated hip and back neutral zone exercises*			x						x			2
	1	Hamstring stretch			x						x			2
	1	Kneeling hip flexor stretch			x						x			2
34														
Paterno	1	Broad jumps, stick landing			x			x					x	3
2004	1	Box drops, stick landing			x			x					x	3

1	Broad jump vertical				X			X			X	3
1	Forward barrier hops with middle box				X			X			X	3
1	Forward hops over barriers				X			X			X	3
1	Lunge jump				X			X			X	3
1	Tuck jump (thighs parallel)				X			X			X	3
1	180 deg jumps (speed)	X	X			X		X			X	4
1	Backward/forward box depth, max vertical				X			X			X	3
1	Barrier jumps front to back				X			X			X	3
1	Bounding for distance				X			X			X	3
1	Scissors jumps				X			X			X	3
1	Tuck jump with butt kick				X			X			X	3
1	180 deg jumps, broad jumps	X	X			X		X			X	4
1	Forward barrier hops with staggered box*				X			X			X	3
1	Box depth, max vertical, reaction*				X			X			X	3
1	Broad jump, jump, vertical				X			X			X	3
1	Zigzag jumps over barriers	X	X	X				X			X	4
1	Broad jump, jump, jump, vertical				X			X			X	3
1	Hop, hop, hop, stick (right and left)				X				X		X	3
1	Lateral barrier hops					X		X			X	3
1	Lateral barrier hops with staggered box*					X		X			X	3
1	Power steps (right and left)*				X				X			2
1	Tuck jump with abdominal crunch				X			X			X	3
1	Barrier jumps (front to back) speed				X			X			X	3
1	Barrier jumps (side to side) speed					X		X			X	3
1	BOSU 180 deg jumps stick landing	X	X			X		X		X	X	5
1	Box depth, 180 deg, box depth max vertical	X	X			X		X			X	4
1	Jump into bounding				X			X			X	3
1	3 barrier hop, reaction (3 way)*				X			X			X	3
1	Barrier hops flat (front to back) right and left				X			X			X	3
1	Barrier hops flat (side to side) right and left					X		X			X	3
1	Box depth, broad jump				X			X			X	3
1	Crossover hop, hop, hop stick (width)				X				X		X	3
1	Multidirectional barrier hops*	X	X	X				X			X	4
1	Crossover hop, hop, hop, stick (distance)	X	X	X					X		X	4
1	Box depth, 180, box depth, vertical jump, reaction	X	X			X		X			X	4
1	Box depth, 180 reaction*	X	X			X		X			X	4
1	Broad jump, jump, jump, vertical, reaction				X			X			X	3
1	Forward/backward hops over barrier				X			X			X	3
1	Squat tuck jumps				X			X			X	3

Pfile	1	Forward/backward single legged line jumps			x				x		x	3
2013	1	Side to side single legged line jumps				x			x		x	3
	1	High skips			x				x		x	3
	1	Distance skips			x				x		x	3
	1	Broad jumps			x			x			x	3
	1	Tuck jumps			x			x			x	3
	1	Alternating single legged lateral jumps				x			x		x	3
	1	Forward single legged hop, hop, hop and stick			x				x		x	3
	1	Squat jumps			x			x			x	3
	1	Single legged maximal vertical jumps			x				x		x	3
	1	Single legged jump for distance			x				x		x	3
	1	Broad jump, jump, jump vertical jump			x			x			x	3
	1	180 deg jumps	x	x			x	x			x	4
	1	Single legged lateral jumps				x			x		x	3
	1	Abdominal draw ins			x					x		2
	1	Side plank knee bent				x				x		2
	1	Sidelying hip abduction				x				x		2
	1	Sidelying hip ER clam shells					x			x		2
	1	Crunches			x					x		2
	1	Lumbar extension, hands on head			x					x		2
	1	Walking lunges, hands on hips			x			x				2
	1	Hamstring bridges with abdominal draw in			x					x		2
	1	Side plank legs extended with abdominal draw in				x				x		2
	1	Quadruped hip extension/ER/abduction			x					x		2
	1	Crunches, opposite elbow to knee			x					x		2
	1	Lumbar extension, upper extremities straight			x					x		2
	1	Squats with UEs over head			x			x			x	3
	1	Lunges with ball toss			x			x			x	3
28												
Rostami	1	Double leg squat			x			x				2
2018	1	Walking lunges			x			x				2
	1	Single leg squat			x				x			2
	1	Double leg drop jump			x			x			x	3
	1	Single leg stance on unstable platform				x			x		x	3
	1	Side step cutting maneuver*	x	x	x				x		x	4
	1	Single leg hop for distance			x				x		x	3
	1	Vertical jump			x			x			x	3

