Supplementary File

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

Test reliability	SLH		THOP	
	Left	*Right*	*Left*	*Right*
CV (%):	7.68	5.94	4.37	3.96
	[4.02,11.33]	[4.34,7.54]	[3.22,5.52]	[2.67,5.24]
ICC:	0.74	0.78	0.91	0.89
	[0.55,0.87]	[0.65,0.88]	[0.77,0.96]	[0.79,0.95]

SLH = Single leg hop; THOP = Triple hop; CV = Coefficient of variation; ICC = Intraclass

correlation coefficient

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

Metric	SLH		THOP	
	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

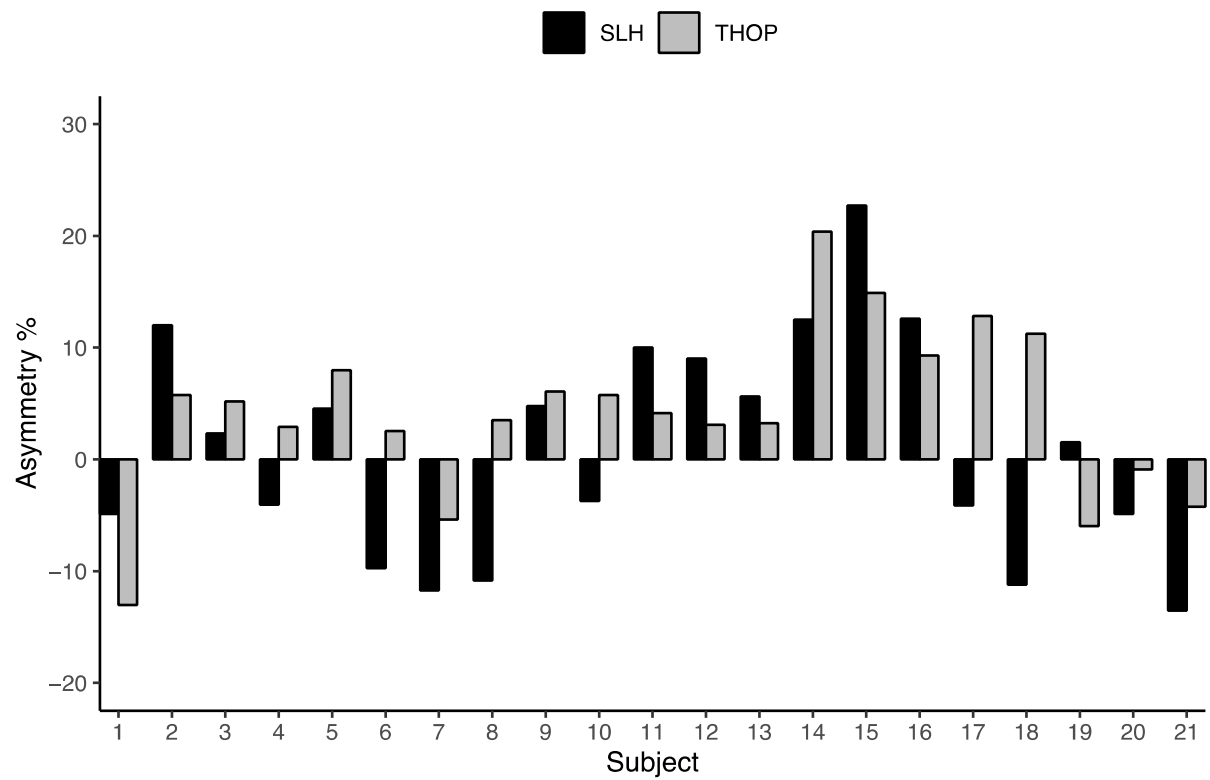N.B. Mean inter-limb asymmetry values are not directional.

Figure S1. Individual asymmetry across hop tests. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.
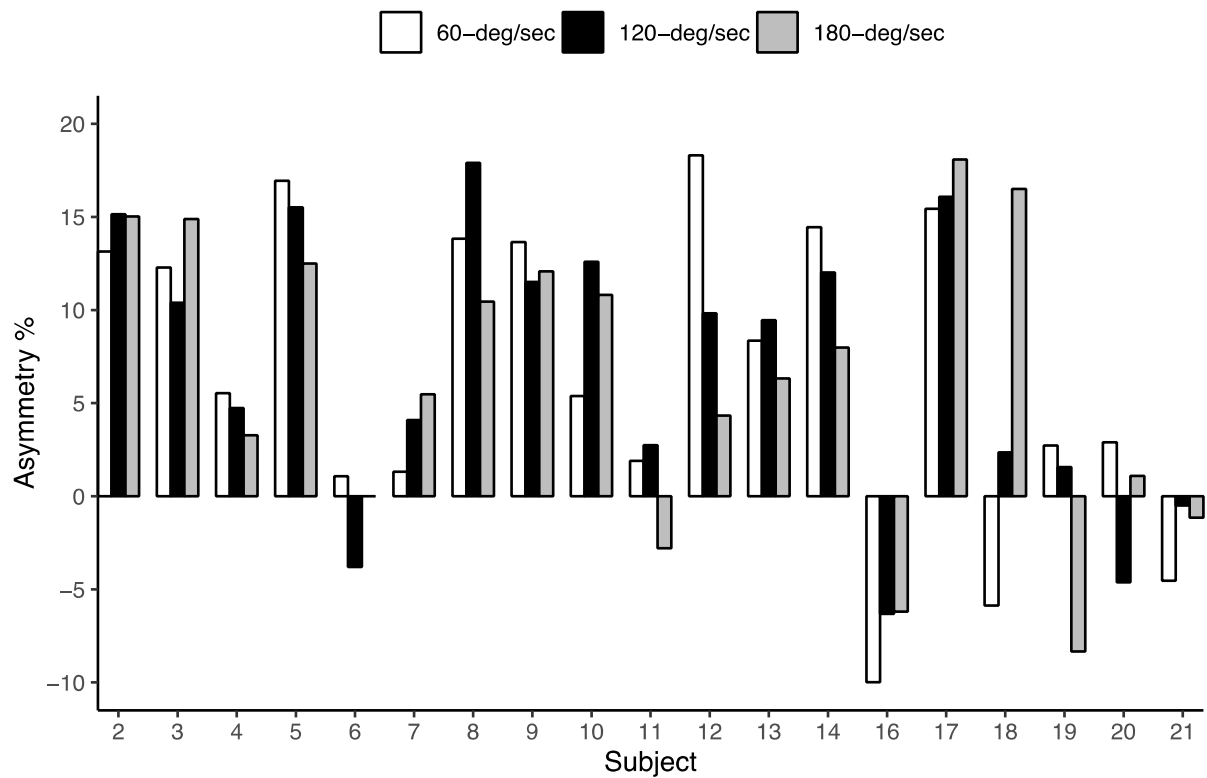
Figure S2. Individual asymmetry across knee extensor angular velocities. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.
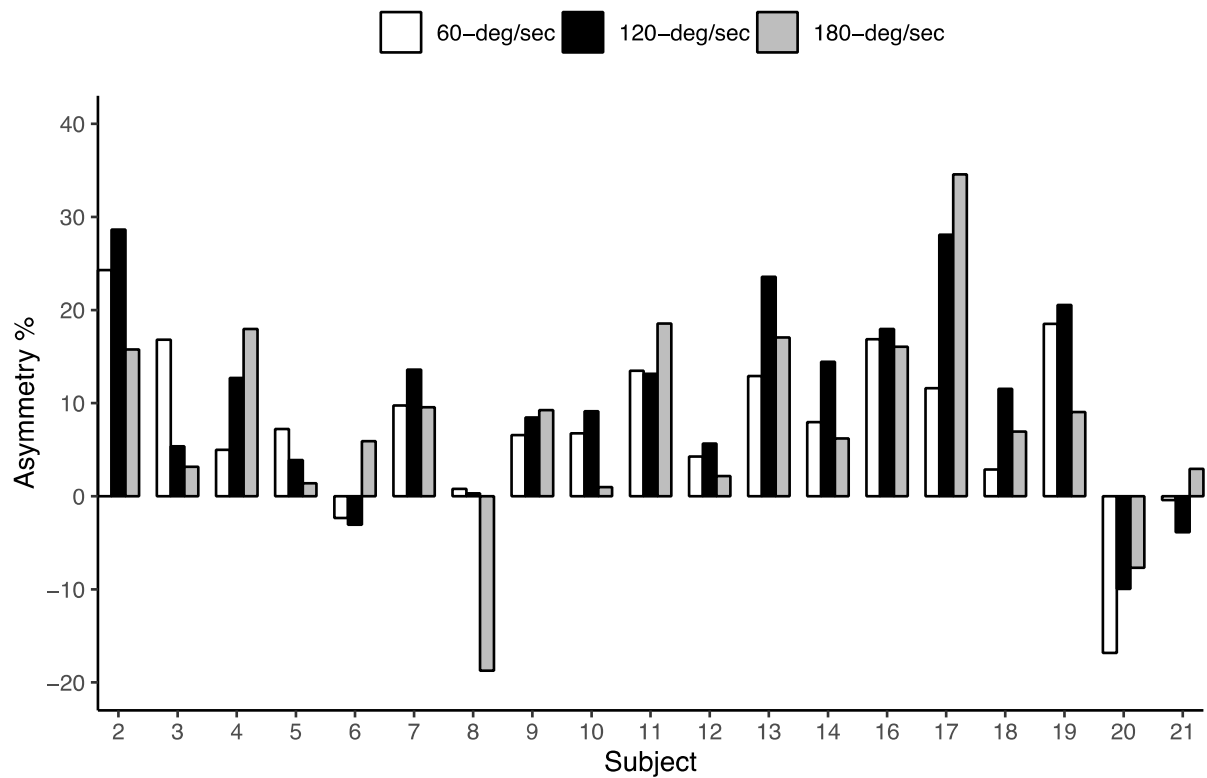
Figure S3. Individual asymmetry across knee flexor angular velocities. N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.
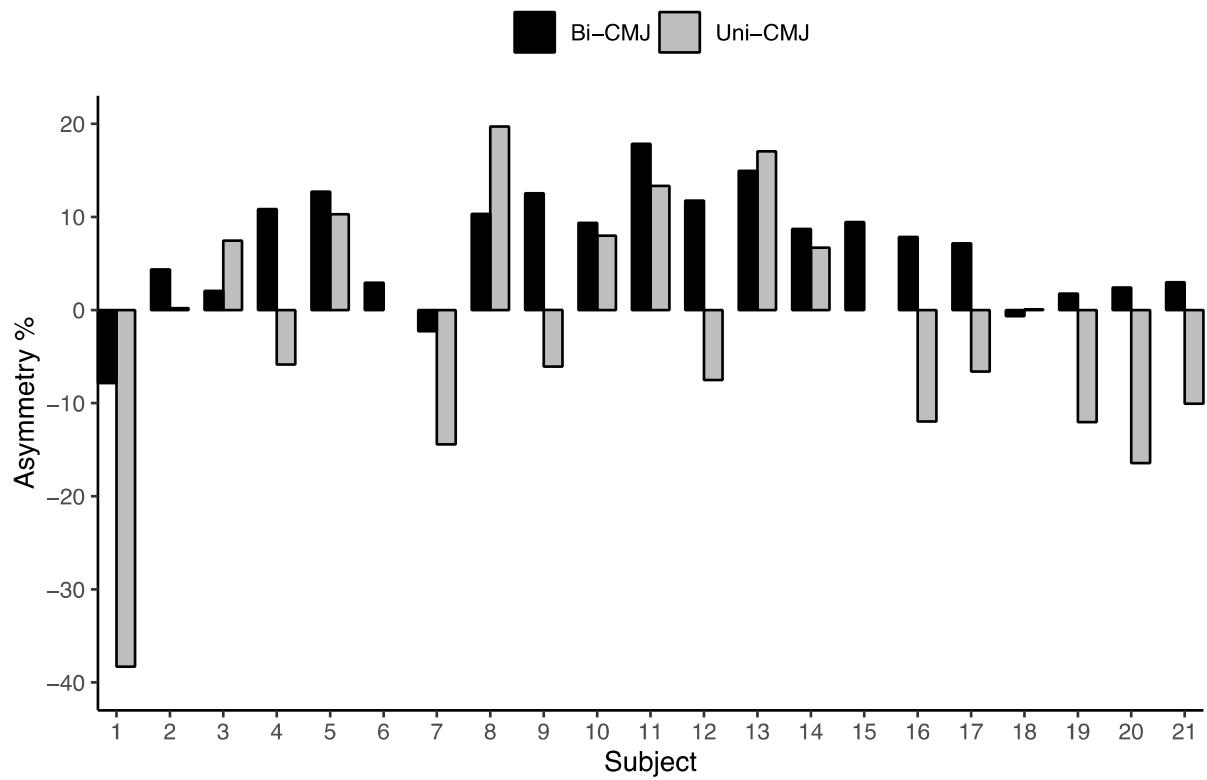
Figure S4. Individual peak force asymmetry (across jump tests). N.B: Above 0 indicates right leg dominance and below 0 indicates left leg dominance.