



Phase		Movement sequence	Left Turn	Score	Right Turn	Score
Deceleration	a	Distance between CoM (hips) and CoP (foot) increases as athlete “sits”	Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	b	Athlete re-orientates themselves into a side-on position	Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	c	Penultimate foot contact: inside leg performs a shallow squat with DoF orientated toward intended direction of travel	Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Acceleration	d	At final foot contact: <ul style="list-style-type: none"> - upper body and shins are aligned to direction of travel (~ 45°) - CoM (belly button) falls outside narrow BoS (feet); At turn, “head never goes between toes” - Outside leg “bounces” off ground 	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>	
	e	Outside leg: <ul style="list-style-type: none"> - knee drives ~ horizontally forward - foot stays close to ground, and will pass ~ below opposite knee 	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>	
	f	Athlete achieves acceleration posture: <ul style="list-style-type: none"> - ~ 90° at ankle (dorsiflexion) - ~ 90° at knee - ~ 90° at hips - Shins run ~ parallel 	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>	
	Total score (out of 24, 12 points per side)		Left Total		Right Total	

CoM = Centre of mass; CoP = Centre of pressure; BoS = Base of Support; DoF = Direction of Force