

	Knees caves on landing (jump/jumper)	Knees cave on jump (just vertical jump)	Knees over toes (jump/jumper)	Knees cave on jump (just jump shot)	
Vertical Jump/Jumper					
	Knee caves in/unstable		Knee travels over toe		
Three-Step Decel					
	Foot turns outward on cut				
Three-Step Cut					
	Knee caves in		Knee travels over toe		
Single Leg Foot Tap					
	Knees cave in		Knees travel over toe		
Depth Drop (2 Legs)					
	Knee caves in		Knee travels over toe		
Depth Drop (Single Leg)					
	Knees cave in		Knees over toe		Excessive bend
Overhead Squat					
Total:					
	Under 10cm.		10-13cm.		Over 13cm
Ankle Dorsiflexion					