

Table S1. Reliability intra-session of the measured variables during the different drop heights and phases of the drop jumps.

	PHASE	RF	VM	VL	BF	TA	LG	GRF
DJ 20	Pre-contact	0.75	0.80	0.78	0.66	0.84	0.76	
	Breaking	0.77	0.81	0.91	0.55	0.86	0.91	0.91
	Propulsion	0.89	0.88	0.96	0.85	0.89	0.89	0.99
DJ 30	Pre-contact	0.84	0.88	0.66	0.83	0.72	0.74	
	Breaking	0.72	0.85	0.91	0.81	0.79	0.78	0.74
	Propulsion	0.83	0.92	0.95	0.81	0.81	0.93	0.96
DJ 40	Pre-contact	0.89	0.87	0.86	0.78	0.63	0.67	
	Breaking	0.80	0.95	0.92	0.78	0.88	0.97	0.80
	Propulsion	0.59	0.90	0.96	0.87	0.86	0.98	0.99
DJ 50	Pre-contact	0.87	0.66	0.86	0.81	0.87	0.89	
	Breaking	0.80	0.93	0.93	0.49	0.82	0.94	0.93
	Propulsion	0.84	0.97	0.94	0.57	0.96	0.98	0.95
DJ60	Pre-contact	0.68	0.82	0.89	0.76	0.76	0.88	
	Breaking	0.89	0.63	0.83	0.83	0.67	0.42	0.70
	Propulsion	0.78	0.62	0.90	0.67	0.87	0.65	0.89
Mean		0.80	0.83	0.88	0.74	0.82	0.83	0.89

Abbreviations: rectus femoris (RF), vastus medialis (VM), vastus lateralis (VL), biceps femoris (BF), tibialis anterior (TA), lateral gastrocnemius (LG), and ground reaction force (GRF).