

Key points

- Unilateral-leg plyometric training (UT) showed superior efficacy in enhancing neuromuscular performance and reducing asymmetries in basketball players compared to bilateral and combined training methods.
- UT was particularly effective in promoting balanced limb strength and coordination, significantly reducing asymmetries in various tests including the unilateral isometric squat test and countermovement jump test.
- Strength and conditioning coaches are advised to incorporate UT, either alone or combined with bilateral training, into training regimens to optimize individual limb strength and neuromuscular coordination.

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