

## Supplementary material

**Table S2:** Statements extracted from quadrant 1 (n=46) of the Go-Zone plot representing highest ratings i.e. median values 3 and 4 both regarding importance of screening and screening feasibility. The statements are listed according to their theme number.

| #  | Statement   | Theme # | Go-Zone* |
|----|---|---------|----------|
| 1  | That a player lacks muscle strength in the external rotators of the hip   | 1       | 1        |
| 41 | Insufficient strength   | 1       | 1        |
| 64 | Asymmetry in stability  | 1       | 1        |
| 72 | Asymmetry in strength   | 1       | 1        |
| 10 | Insufficient all-round training   | 2       | 1        |
| 15 | Inadequate injury prevention training   | 2       | 1        |
| 16 | Insufficient warming up   | 2       | 1        |
| 19 | Focus on injury-prevention initiatives, physical training and warming up  | 2       | 1        |
| 20 | Insufficient injury-prevention exercises  | 2       | 1        |
| 28 | Too much training and starting again too soon after a minor injury or sickness  | 2       | 1        |
| 29 | Too much training/competition (insufficient restitution)  | 2       | 1        |
| 32 | Poor injury-prevention training can be the cause.   | 2       | 1        |
| 45 | Mode of training  | 2       | 1        |
| 48 | Insufficient focus on specific injury-prevention training   | 2       | 1        |
| 50 | Inadequate warm up of joints and muscles  | 2       | 1        |
| 55 | Both lack of injury-prevention training, at the same time as football training and incorrect injury-prevention training can be a problem.   | 2       | 1        |
| 66 | Using painkillers while playing   | 2       | 1        |
| 69 | Training- and competition load  | 2       | 1        |
| 71 | Deprioritization of injury-prevention training  | 2       | 1        |
| 76 | The degree of preventive training   | 2       | 1        |
| 78 | In addition, we see a rise in training/competition load without a corresponding rise in the focus on injury-prevention training.  | 2       | 1        |
| 84 | The load  | 2       | 1        |
| 85 | Frequency of training and match   | 2       | 1        |
| 86 | Injured player returning to competition too early   | 2       | 1        |
| 87 | Primary injury-prevention training is, unfortunately, not a consistent part of training programs in both handball and soccer. Research suggests that targeted, injury-prevention training in high-intense, pivoting contact-sports, such as handball and football, can reduce traumatic knee injuries by about 50 % | 2       | 1        |
| 6  | Because one did not have the correct studs on one's football boots.   | 3       | 1        |
| 18 | Focus on the correct footwear that match the surface in the sports hall or grass/artificial turf  | 3       | 1        |
| 21 | Surface   | 3       | 1        |
| 24 | Footwear  | 3       | 1        |
| 35 | Wrong footwear for the surface  | 3       | 1        |
| 36 | Surface conditions  | 3       | 1        |
| 37 | Wrong boots   | 3       | 1        |

Tabel S1 continued

|    |   |   |   |
|----|---|---|---|
| 39 | Boots   | 3 | 1 |
| 49 | Use the correct footwear  | 3 | 1 |
| 53 | When one plays on artificial turf, the feet grip more on the grass, so sometimes the players twist their knees/ankles because the foot becomes stuck.   | 3 | 1 |
| 56 | In football, the surface conditions can be relevant when, for example, in the heat of the moment, one cannot take holes in the surface of the field into account, and that, combined with the contact-part. The body does not have time to react. | 3 | 1 |
| 60 | The floor   | 3 | 1 |
| 67 | Training conditions (e.g., the surface they play on)  | 3 | 1 |
| 91 | A knee injury can occur when the foot gets stuck, with abrupt stops, on artificial turf.  | 3 | 1 |
| 70 | Contact sport   | 4 | 1 |
| 74 | Type of sport   | 4 | 1 |
| 11 | Too many competitions over too short a period (both in youth and senior)  | 5 | 1 |
| 34 | Injury history  | 6 | 1 |
| 44 | Earlier injuries  | 6 | 1 |
| 59 | Earlier history of minor injuries   | 6 | 1 |
| 83 | Earlier injuries in the player (not just knee)  | 6 | 1 |

\* Go-Zone quadrants: 1, top right; 2, bottom right; 3, top left; 4, bottom left. See also Figure 2.