**Supplementary file 2 - Detailed search strategy**

Database searching

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| **Databases (Database provider)** | **Search terms combinations** | **Search field** |
| PubMed | #1: ("Football"[Mesh]) OR "Soccer"[Mesh] =10268#2: (indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football) OR (("Football"[Mesh]) OR "Soccer"[Mesh]) =10684 #3 (untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people) =6360392 #4 #2 AND #3=1822 | Undefined |
| MEDLINE (EBSCO) | #1: (MH "Football") OR (MH "Soccer") =10182 #2: indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football =317 #3: #1 OR #2 =10303 #4: untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people =6314613 #5: #3 AND #4 =1237 | Undefined |
| SPORTDiscus (EBSCO) | #1: DE "FOOTBALL" OR DE "SOCCER" =54527 #2: indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football =875 #3: #1 OR #2 =55064 #4: untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people =147960 #5: #3 AND #4 =489 | Undefined |
| CINAHL Plus (EBSCO) | #1: (MH "Football") =2540 #2: (MH "Soccer") =3928 #3: #1 OR #2 =6348 #4: indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football =198 #5: #3 OR #4=6399 #6: untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people =1479903 #7: #5 AND #6 =512 | Undefined |
| PsycINFO (EBSCO) | #1: DE "Football" OR DE "Soccer" =3369 #2: indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football =85 #3: #1 OR #2 =3392 #4: untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people =822788 #5: #3 AND #4 =107 | Undefined |
| Embase | #1: 'football'/exp =7840 #2: 'soccer'/exp =2478 #3: #1 OR #2 =9939 #4: indoor AND soccer OR recreational AND football OR recreational AND soccer OR 'small sided' AND football OR 'small sided' AND soccer OR street AND football OR street AND soccer OR walking AND football OR walking AND soccer OR 'small volume' AND soccer OR 'small volume' AND football=379 #5: #3 OR #4 =10064 #6: untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older AND adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older AND people=192423 #7: #5 AND #6 =34 | Undefined |
| the Cochrane Library | #1: MeSH descriptor: [Soccer] explode all trees =484 #2: MeSH descriptor: [Football] explode all trees =215 #3: #1 or #2 =684 #4: indoor soccer or recreational football or recreational soccer or small-sided football or small-sided soccer or street football or street soccer or walking football or walking soccer or small-volume soccer or small-volume football =182 #5: #3 or #4 =784 #6: untrained or patient\* or middle\*aged or old\*aged or elder\* or older adult\* or elderly or aging or ageing or premenopausal or postmenopausal or older people =645786 #7: #5 and #6 =133 | Undefined |
| Web of Science | #1: TS= (indoor soccer OR recreational football OR recreational soccer OR small-sided football OR small-sided soccer OR street football OR street soccer OR walking football OR walking soccer OR small-volume soccer OR small-volume football) =4774 #2: TS= (untrained OR patient\* OR middle\*aged OR old\*aged OR elder\* OR older adult\* OR elderly OR aging OR ageing OR premenopausal OR postmenopausal OR older people) =12,098,850 #3: #2 AND #1 =1434 | ti., ab., keywords & keywords plus |

Author searching

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| **Databases (Database provider)** | **Names’ formats entered** | **Yielded results** |
| PubMed | Krustrup PBangsbo JRanders MB | 21224845 |
| MEDLINE (EBSCO) | Krustrup PBangsbo JRanders MB | 21224845 |
| SPORTDiscus (EBSCO) | Krustrup PBangsbo JRanders M B | 14516622 |
| CINAHL Plus (EBSCO) | Krustrup PBangsbo JRanders MB | 745616 |
| PsycINFO (EBSCO) | Peter KrustrupJens BangsboM B RandersMorten Bredsgaard Randers | 151412 |
| Embase | krustrup pbangsbo jranders m. b. | 22227745 |
| the Cochrane Library | Krustrup PBangsbo JRanders M B | 817828 |
| Web of Science | Krustrup PBangsbo JRanders MB | 25933953 |