

Supplementary file: Table 8: Questionnaire to physical coaching staff n.1

2019 season	
How consistently are the following exercise categories executed on a weekly basis within pre and in season:	
1. <u>Isolative knee dominant high-tension eccentrics (Nordics, razor curls, sliders etc)</u>	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
Which exercises were mostly used	
2. <u>Multijoint posterior chain exercises (Deadlift variations, GHR, hip thrust)</u>	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
Which exercises were mostly used	
3. <u>Range of motion exercises for hamstring and hip flexors</u>	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
Which exercises were mostly used	
4. <u>Lumbo-pelvic control (low load) exercises</u>	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
Which exercises were mostly used	
5. <u>Sprint drills aimed to improve maximal velocity sprint mechanics (A-skips, B-skips mini-hurdles etc)</u>	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
Which exercises were mostly used	
6. Maximal speed sprinting (at or above 90%), non-sport-specific	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
How was this usually implemented	
7. Early acceleration work, non-sport-specific (5-10 m)	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
How was this usually implemented	
8. Sprint drills aimed to improve early acceleration sprint mechanics (resisted work etc)	<input type="checkbox"/> All weeks <input type="checkbox"/> At least every second week

	<input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month
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Supplementary file: Table 9: Questionnaire to physical coaching staff n.2

2020 Season	
To improve understanding on what changed in practice after implementing the new training system:	
From a group perspective (type of exercises, volume, implementation style), what was the level of quality change due to the new training system in the following categories:	
Range of motion	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
Lumbo-pelvic control	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
Strength training	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
Training related to sprinting	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
From an individual perspective (how the program took into consideration individuals), what was the level of quality change due to the new training system in the following categories:	
Range of motion	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction

Lumbo-pelvic control	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
Strength training	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
Training related to sprinting	<input type="checkbox"/> Large increase <input type="checkbox"/> Moderate increase <input type="checkbox"/> Small increase <input type="checkbox"/> No change <input type="checkbox"/> Small reduction <input type="checkbox"/> Moderate reduction <input type="checkbox"/> Large reduction
How much of a contribution did you perceive the changes in compliance had on the changes in injuries from the previous season:	
	<input type="checkbox"/> Large contribution <input type="checkbox"/> Moderate contribution <input type="checkbox"/> Small contribution <input type="checkbox"/> No contribution