<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Were the players well aware of the programme?</strong></td>
<td>Yes, all players</td>
</tr>
<tr>
<td></td>
<td>More than half of the players</td>
</tr>
<tr>
<td></td>
<td>Less than half of the players</td>
</tr>
<tr>
<td></td>
<td>None of the players</td>
</tr>
<tr>
<td><strong>2. Was the load management programme used as intended?</strong> (Minimum one hour prior to each training week)</td>
<td>Yes, every week</td>
</tr>
<tr>
<td></td>
<td>No, every other week</td>
</tr>
<tr>
<td></td>
<td>No, once per month</td>
</tr>
<tr>
<td></td>
<td>Was not used at all</td>
</tr>
<tr>
<td><strong>3. How much time weekly did you spend on the overall load management programme?</strong></td>
<td>No time</td>
</tr>
<tr>
<td></td>
<td>&lt;5 Minutes</td>
</tr>
<tr>
<td></td>
<td>10 Minutes</td>
</tr>
<tr>
<td></td>
<td>20 Minutes</td>
</tr>
<tr>
<td></td>
<td>30 Minutes</td>
</tr>
<tr>
<td></td>
<td>45 Minutes</td>
</tr>
<tr>
<td></td>
<td>1 Hour or more</td>
</tr>
<tr>
<td><strong>4. Load management can reduce overuse injuries</strong></td>
<td>Fully agree</td>
</tr>
<tr>
<td></td>
<td>Agree</td>
</tr>
<tr>
<td></td>
<td>Not sure</td>
</tr>
<tr>
<td></td>
<td>Disagree</td>
</tr>
<tr>
<td></td>
<td>Totally disagree</td>
</tr>
<tr>
<td><strong>5. Load management can increase performance</strong></td>
<td>Fully agree</td>
</tr>
<tr>
<td></td>
<td>Agree</td>
</tr>
<tr>
<td></td>
<td>Not sure</td>
</tr>
<tr>
<td></td>
<td>Disagree</td>
</tr>
<tr>
<td></td>
<td>Totally disagree</td>
</tr>
<tr>
<td><strong>6. Which of the following affects your motivation to follow the programme? (You can select multiple alternatives)</strong></td>
<td>Belief that the programme can reduce injury and illness</td>
</tr>
<tr>
<td></td>
<td>Belief that the programme can increase performance</td>
</tr>
<tr>
<td></td>
<td>Sense of duty</td>
</tr>
<tr>
<td></td>
<td>Coach expectation</td>
</tr>
<tr>
<td></td>
<td>Medical staff expectation</td>
</tr>
<tr>
<td></td>
<td>Automatic reminder notifications</td>
</tr>
<tr>
<td></td>
<td>Other</td>
</tr>
<tr>
<td><strong>7. Did you observe an effect using the load management programme on injuries and illnesses?</strong></td>
<td>Yes, we had fewer injuries and or illnesses</td>
</tr>
<tr>
<td></td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>No, we had more injuries and or illnesses</td>
</tr>
<tr>
<td></td>
<td>Don’t know</td>
</tr>
<tr>
<td><strong>8. Did you observe an effect using the overall load management programme on the teams performance?</strong></td>
<td>Yes, we had an improvement in performance</td>
</tr>
<tr>
<td></td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>No, we had a reduction in performance</td>
</tr>
<tr>
<td></td>
<td>Don’t know</td>
</tr>
</tbody>
</table>
9 How much do you agree with the following statements?

<table>
<thead>
<tr>
<th>a</th>
<th>Load management can reduce injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fully agree</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>b</th>
<th>Load management can reduce overuse injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fully agree</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>c</th>
<th>Load management can reduce illnesses</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fully agree</td>
</tr>
</tbody>
</table>

10 How much at risk are footballers to injuries?

|   | High risk | Somewhat risk | Low risk | No risk |

11 How much at risk are footballers to overuse injuries?

|   | High risk | Somewhat risk | Low risk | No risk |

12 How much at risk are footballers to illnesses?

|   | High risk | Somewhat risk | Low risk | No risk |

13 Of these alternatives, what is most associated with injuries overall among footballers?

|   | Too little training | Too much training | Poor load management | Other |

14 Of these alternatives, what is most associated with overuse injuries among footballers?

|   | Too little training | Too much training | Poor load management | Other |

15 Of these alternatives, what is most associated with illnesses among footballers?

|   | Too little training | Too much training | Poor load management | Other |
16. How large are the injury and illness problems in elite youth football compared to professional football?

<table>
<thead>
<tr>
<th></th>
<th>Much lower</th>
<th>Lower</th>
<th>Same</th>
<th>Higher</th>
<th>Much higher</th>
</tr>
</thead>
</table>

17. How much do you agree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Fully agree</th>
<th>Agree</th>
<th>Not sure</th>
<th>Disagree</th>
<th>Totally disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a My team should have more footballing training sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b My team should have fewer footballing training sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c My team should play more matches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d My team should play fewer matches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

18. If a load management programme could reduce injuries and illnesses - How much time are you willing to spend on it weekly?

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Not willing to spend any time</td>
<td>0-10 minutes</td>
<td>10-20 minutes</td>
<td>20-30 minutes</td>
<td>30-60 minutes</td>
<td>Over 60 minutes</td>
</tr>
</tbody>
</table>

19. If a load management programme could increase football performance - How much time are you willing to spend on it weekly?

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Not willing to spend any time</td>
<td>0-10 minutes</td>
<td>10-20 minutes</td>
<td>20-30 minutes</td>
<td>30-60 minutes</td>
<td>Over 60 minutes</td>
</tr>
</tbody>
</table>

20. How important are the following reasons for your motivation to spend time on load management?

<table>
<thead>
<tr>
<th>Reason</th>
<th>Very important</th>
<th>Important</th>
<th>Neutral</th>
<th>Not very important</th>
<th>Not important at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>a Demanded by the coach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b Coach is positive towards it</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Scientific backing for its preventive effect on injury and illness

<table>
<thead>
<tr>
<th>Important</th>
<th>Not very important</th>
<th>Neutral</th>
<th>Not important at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Scientific backing for its preventive effect on performance enhancement

<table>
<thead>
<tr>
<th>Important</th>
<th>Not very important</th>
<th>Neutral</th>
<th>Not important at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Are you planning to use an overall load management programme next season too?

<table>
<thead>
<tr>
<th>Yes, definitively</th>
<th>Yes, but in a less challenging way than this year</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
</table>

## Control group players

1. **Are you familiar with the Session Rating Of Perceived Exertion (sRPE) concept?**
   - Yes
   - No
   - Don’t know

2. **Did your club use any load monitoring measures during the course of this season?**
   - Yes
   - No
   - Don’t know

3. **How much do you agree with the following statements?**
   - **Load management can reduce injuries**
     - Fully agree
     - Agree
     - Not sure
     - Disagree
     - Totally disagree
   - **Load management can reduce overuse injuries**
     - Fully agree
     - Agree
     - Not sure
     - Disagree
     - Totally disagree
   - **Load management can reduce illnesses**
     - Fully agree
     - Agree
     - Not sure
     - Disagree
     - Totally disagree
4. How much at risk are footballers to injuries?
   - High risk
   - Somewhat risk
   - Low risk
   - No risk

5. How much at risk are footballers to overuse injuries?
   - High risk
   - Somewhat risk
   - Low risk
   - No risk

6. How much at risk are footballers to illnesses?
   - High risk
   - Somewhat risk
   - Low risk
   - No risk

7. Of these alternatives, what is most associated with injuries overall among footballers?
   - Too little training
   - Too much training
   - Poor load management
   - Other

8. Of these alternatives, what is most associated with overuse injuries among footballers?
   - Too little training
   - Too much training
   - Poor load management
   - Other

9. Of these alternatives, what is most associated with illnesses among footballers?
   - Too little training
   - Too much training
   - Poor load management
   - Other

10. How large are the injury and illness problems in elite youth football compared to professional football?
    - Much lower
    - Lower
    - Same
    - Higher
    - Much higher

11. How much do you agree with the following statements?
    a. My team should have more footballing training sessions
       - Fully agree
       - Agree
       - Not sure
       - Disagree
       - Totally disagree
    b. My team should have fewer footballing training sessions
       - Fully agree
       - Agree
       - Not sure
       - Disagree
       - Totally disagree
c My team should play more matches

Fully agree  Agree  Not sure  Disagree  Totally disagree

Agree  Not sure  Disagree  Totally disagree

d My team should play fewer matches

Fully agree  Agree  Not sure  Disagree  Totally disagree

Agree  Not sure  Disagree  Totally disagree

11 If a load management programme could reduce injuries and illnesses - How much time are you willing to spend on it weekly?

Not willing to spend any time  0-10 minutes  10-20 minutes  20-30 minutes  30-60 minutes  Over 60 minutes

12 If a load management programme could increase football performance - How much time are you willing to spend on it weekly?

Not willing to spend any time  0-10 minutes  10-20 minutes  20-30 minutes  30-60 minutes  Over 60 minutes

13 How important are the following reasons for your motivation to spend time on load management?

a Demanded by the coach

Very important  Important  Neutral  Not important  Negligible

b Coach is positive towards it

Very important  Important  Neutral  Not important  Negligible

c Scientific backing for its preventive effect on injury and illness

Very important  Important  Neutral  Not important  Negligible

d Scientific backing for its preventive effect on performance enhancement

Very important  Important  Neutral  Not important  Negligible

14 Are you planning to use an overall load management programme next season?

Yes, definitively  Yes, but in a less challenging way than this year  No  Don't know

Intervention group coaches
1. Are the following personnel well aware of the training load management programme?
   - **Head coach**
     - Yes
     - No
     - Don’t know
   - **Sports medicine staff**
     - Yes
     - No
     - Don’t know
   - **Other coaching staff**
     - Yes
     - No
     - Don’t know

2. Are the players well aware of the training load management programme?
   - **Yes, all players**
   - **More than half of the players**
   - **Less than half of the players**
   - **No, none of the players**

3. Was the programme used as prescribed? (Minimum one time before each training week)
   - **Yes, every week**
   - **No, every other week**
   - **No, once per month**
   - **Was not used at all**

4. Which of the players have recorded all their training data?
   - **All**
   - **Those with previous overuse problems**
   - **Those with existing overuse problems**
   - **The most ambitious ones**
   - **None**
   - **Don’t know**

5. Do you believe that a load management programme can reduce injuries and/or illnesses?
   - **Fully agree**
   - **Agree**
   - **Not sure**
   - **Disagree**
   - **Totally disagree**

6. Do you believe that a load management programme can increase team performance?
   - **Fully agree**
   - **Agree**
   - **Not sure**
   - **Disagree**
   - **Totally disagree**

7. How is the general attitude towards injury preventive measures in the following groups in your club?
   - **a Coaching staff**
<table>
<thead>
<tr>
<th></th>
<th>Very positive</th>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
<th>Very negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>b</td>
<td>Sports medicine staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Very positive</td>
<td>Positive</td>
<td>Neutral</td>
<td>Negative</td>
<td>Very negative</td>
</tr>
<tr>
<td>c</td>
<td>Players</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Very positive</td>
<td>Positive</td>
<td>Neutral</td>
<td>Negative</td>
<td>Very negative</td>
</tr>
<tr>
<td>d</td>
<td>Other stakeholders</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Very positive</td>
<td>Positive</td>
<td>Neutral</td>
<td>Negative</td>
<td>Very negative</td>
</tr>
</tbody>
</table>

8. How much time per week did you spend on the load management programme?
   - No time
   - <5 Minutes
   - 10 Minutes
   - 20 Minutes
   - 30 Minutes
   - 45 Minutes
   - 1 Hour or more

9. Did you observe an effect using the load management programme on injuries and illnesses?
   - Yes, we had fewer injuries and or illnesses
   - No
   - No, we had more injuries and or illnesses
   - Don’t know

10. Did you observe an effect using the overall load management programme on the teams performance?
    - Yes, we had an improvement in performance
    - No
    - No, we had a reduction in performance
    - Don’t know

11. How much do you agree with the following statements?
    a. Load management can reduce injuries
       - Fully agree
       - Agree
       - Not sure
       - Disagree
       - Totally disagree
    b. Load management can reduce overuse injuries
       - Fully agree
       - Agree
       - Not sure
       - Disagree
       - Totally disagree
    c. Load management can reduce illnesses
       - Fully agree
       - Agree
       - Not sure
       - Disagree
       - Totally disagree
12 How much at risk are footballers to injuries?

- High risk
- Somewhat risk
- Low risk
- No risk

13 How much at risk are footballers to overuse injuries?

- High risk
- Somewhat risk
- Low risk
- No risk

14 How much at risk are footballers to illnesses?

- High risk
- Somewhat risk
- Low risk
- No risk

15 Of these alternatives, what is most associated with injuries overall among footballers?

- Too little training
- Too much training
- Poor load management
- Other

16 Of these alternatives, what is most associated with overuse injuries among footballers?

- Too little training
- Too much training
- Poor load management
- Other

17 Of these alternatives, what is most associated with illnesses among footballers?

- Too little training
- Too much training
- Poor load management
- Other

18 How large are the injury and illness problems in elite youth football compared to professional football?

- Much lower
- Lower
- Same
- Higher
- Much higher

19 Did you employ other injury preventive measures during the course of the season?

- Yes
- No
- Don't know

20 If a load management programme could reduce injuries and illnesses - How much time are you willing to spend on it weekly?

- Not willing to spend any time
- 0-10 minutes
- 10-20 minutes
- 20-30 minutes
- 30-60 minutes
- Over 60 minutes
If a load management programme could increase football performance - How much time are you willing to spend on it weekly?

<table>
<thead>
<tr>
<th></th>
<th>Not willing to spend any time</th>
<th>0-10 minutes</th>
<th>10-20 minutes</th>
<th>20-30 minutes</th>
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<th>Over 60 minutes</th>
</tr>
</thead>
</table>

Not willing to spend any time
0-10 minutes
10-20 minutes
20-30 minutes
30-60 minutes
Over 60 minutes

How important are the following reasons for your motivation to spend time on load management?

a Easy and intuitive software

Very important
Important
Neutral
Not very important
Not important at all

b Can be controlled by an app

Very important
Important
Neutral
Not very important
Not important at all
c That you are given proper training in theory and in practical use of the system

Very important
Important
Neutral
Not very important
Not important at all
d That the physio and or fitness coach is given training in theory and use of the system

Very important
Important
Neutral
Not very important
Not important at all
e That the club receives regular follow up in theory and the use of the system

Very important
Important
Neutral
Not very important
Not important at all
f That it takes a short amount of time

Very important
Important
Neutral
Not very important
Not important at all
g That the players are motivated to answer

Very important
Important
Neutral
Not very important
Not important at all
h Players are positive towards load management

Very important
Important
Neutral
Not very important
Not important at all
i That other clubs are using it

Very important
Important
Neutral
Not very important
Not important at all
<table>
<thead>
<tr>
<th></th>
<th>Scientific backing for its preventive effect on injury and illness</th>
<th>Scientific backing for its preventive effect on performance enhancement</th>
<th>Demanded by the footballing authority</th>
</tr>
</thead>
<tbody>
<tr>
<td>j</td>
<td>Very important</td>
<td>Important</td>
<td>Neutral</td>
</tr>
<tr>
<td>k</td>
<td>Very important</td>
<td>Important</td>
<td>Neutral</td>
</tr>
<tr>
<td>l</td>
<td>Very important</td>
<td>Important</td>
<td>Neutral</td>
</tr>
</tbody>
</table>

23. Are you planning to use a similar load management programme next season?
   - Yes, definitively
   - Yes, but in a less challenging way than this year
   - No
   - Don’t know

24. What is your highest qualification? (Multiple answers are possible)
   - No education
   - Sports studies foundation
   - Bachelor sports science
   - Masters sports science
   - UEFA C-license
   - UEFA B-license
   - UEFA A-license
   - Sports medicine relevant foundation studies
   - Sports medicine relevant bachelor

25. How many years experience as a coach do you have?
   - 0-2 years
   - 2-4 years
   - 4-6 years
   - 6-8 years
   - 10-12 years
   - 12-14 years
   - More than 14 years

<table>
<thead>
<tr>
<th></th>
<th>Control group coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Do you believe that a load management programme can reduce injuries and/or illnesses?</td>
</tr>
<tr>
<td></td>
<td>Fully agree</td>
</tr>
</tbody>
</table>

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s).
2. Do you believe that a load management programme can increase team performance?

- Fully agree
- Agree
- Not sure
- Disagree
- Totally disagree

3. How much do you agree with the following statements?

   a. Load management can reduce injuries
      - Fully agree
      - Agree
      - Not sure
      - Disagree
      - Totally disagree

   b. Load management can reduce overuse injuries
      - Fully agree
      - Agree
      - Not sure
      - Disagree
      - Totally disagree

   c. Load management can reduce illnesses
      - Fully agree
      - Agree
      - Not sure
      - Disagree
      - Totally disagree

4. How much at risk are footballers to injuries?

- High risk
- Somewhat risk
- Low risk
- No risk

5. How much at risk are footballers to overuse injuries?

- High risk
- Somewhat risk
- Low risk
- No risk

6. How much at risk are footballers to illnesses?

- High risk
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- Low risk
- No risk

7. Of these alternatives, what is most associated with injuries overall among footballers?

- Too little training
- Too much training
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- Other

8. Of these alternatives, what is most associated with overuse injuries among footballers?

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- Too much training
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- Other

9. Of these alternatives, what is most associated with illnesses among footballers?
10. How large are the injury and illness problems in elite youth football compared to professional football?
   - Much lower
   - Lower
   - Same
   - Higher
   - Much higher

11. Did you employ other injury preventive measures during the course of the season?
   - Yes
   - No
   - Don’t know

12. If a load management programme could reduce injuries and illnesses - How much time are you willing to spend on it weekly?
   - Not willing to spend any time
   - 0-10 minutes
   - 10-20 minutes
   - 20-30 minutes
   - 30-60 minutes
   - Over 60 minutes

13. If a load management programme could increase football performance - How much time are you willing to spend on it weekly?
   - Not willing to spend any time
   - 0-10 minutes
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14. How important are the following reasons for your motivation to spend time on load management?
   a. Easy and intuitive software
      - Very important
      - Important
      - Neutral
      - Not very important
      - Not important at all
   b. Can be controlled by an app
      - Very important
      - Important
      - Neutral
      - Not very important
      - Not important at all
   c. That you are given proper training in theory and in practical use of the system
      - Very important
      - Important
      - Neutral
      - Not very important
      - Not important at all
   d. That the physio and or fitness coach is given training in theory and use of the system
      - Very important
      - Important
      - Neutral
      - Not very important
      - Not important at all
| e | That the club receives regular follow up in theory and the use of the system |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| f | That it takes a short amount of time |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| g | That the players are motivated to answer |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| h | Players are positive towards load management |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| i | That other clubs are using it |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| j | Scientific backing for its preventive effect on injury and illness |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| k | Scientific backing for its preventive effect on performance enhancement |
|   | Very important | Important | Neutral | Not very important | Not important at all |
| l | Demanded by the footballing authority |
|   | Very important | Important | Neutral | Not very important | Not important at all |

15  Are you planning to use a similar load management programme next season?
   - Yes, definitely
   - Yes, but in a less challenging way than this year
   - No
   - Don't know

16  What is your highest qualification? (Multiple answers are possible)
<table>
<thead>
<tr>
<th>No education</th>
<th>Sports studies foundation</th>
<th>Bachelor sports science</th>
<th>Masters sports science</th>
<th>UEFA C-license</th>
<th>UEFA B-license</th>
<th>UEFA A-license</th>
<th>Sports medicine relevant foundation studies</th>
<th>Sports medicine relevant bachelor</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2 years</td>
<td>2-4 years</td>
<td>4-6 years</td>
<td>6-8 years</td>
<td>10-12 years</td>
<td>12-14 years</td>
<td>More than 14 years</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>