

Translated Questionnaire

Intervention group players

1	Were the players well aware of the programme?	Yes, all players	More than half of the players	Less than half of the players	None of the players			
2	Was the load management programme used as intended? (Minimum one hour prior to each training week)	Yes, every week	No, every other week	No, once per month	Was not used at all			
3	How much time weekly did you spend on the overall load management programme?	No time	<5 Minutes	10 Minutes	20 Minutes	30 Minutes	45 Minutes	1 Hour or more
4	Load management can reduce overuse injuries	Fully agree	Agree	Not sure	Disagree	Totally disagree		
5	Load management can increase performance	Fully agree	Agree	Not sure	Disagree	Totally disagree		
6	Which of the following affects your motivation to follow the programme? (You can select multiple alternatives)	Belief that the programme can reduce injury and illness	Belief that the programme can increase performance	Sense of duty	Coach expectation	Medical staff expectation	Automatic reminder notifications	Other
7	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		
8	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		

9	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
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?	Much lower	Lower	Same	Higher	Much higher	
17	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	
d	My team should play fewer matches	Fully agree	Agree	Not sure	Disagree	Totally disagree	
18	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
19	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
20	How important are the following reasons for your motivation to spend time on load management?						
a	Demanded by the coach				Not very important	Not important at all	
b	Coach is positive towards it	Very important	Important	Neutral			

c	Scientific backing for its preventive effect on injury and illness	Very important	Important	Neutral	Not very important	Not important at all
d	Scientific backing for its preventive effect on performance enhancement	Very important	Important	Neutral	Not very important	Not important at all
e	Are you planning to use an overall load management programme next season too?	Very important	Important	Neutral	Not very important	Not important at all
		Yes, definitively		Yes, but in a less challenging way than this year	No	Don't know

Control group players

1	Are you familiar with the Session Rating Of Percieved 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?					
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	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	
d	My team should play fewer matches	Fully agree	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 personell 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 abitious ones	None	Don't know
5	Do you believe that a load managment programme can reduce injuries and/or illnesses?					
	Fully agree	Agree	Not sure	Disagree	Totally disagree	
6	Do you believe that a load managment programme can increase team performance?					
	Fully agree	Agree	Not sure	Disagree	Totally disagree	
7	How is the general attitute towards injury preventive measures in the following groups in your club?					
a	Coaching staff					

		Very positive	Positive	Neutral	Negative	Very negative	
b	Sports medicine staff						
		Very positive	Positive	Neutral	Negative	Very negative	
c	Players						
		Very positive	Positive	Neutral	Negative	Very negative	
d	Other stakeholders						
		Very positive	Positive	Neutral	Negative	Very negative	
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	
15	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

	Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes
21	If a load management programme could increase football performance - How much time are you willing to spend on it weekly?					
22	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				
23	Are you planning to use a similar load management programme next season?	Very important	Important	Neutral	Not very important	Not important at all				
		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		
Control group coaches										
1	Do you believe that a load management programme can reduce injuries and/or illnesses?	Fully agree	Agree	Not sure	Disagree	Totally disagree				

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
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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	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
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	Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes
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, definitively		Yes, but in a less challenging way than this year	No	Don't know
16	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
17	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		