

Appendix 1.

Identified literature including physical¹⁻⁹ and psychological principles¹⁰⁻¹¹ of effective injury prevention training in youth team ball sports, key challenges to implementing injury prevention interventions in team ball sports^{12,13}, and knowledge of the implementation context from our first I-PROTECT study¹⁴.

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2. Rössler R, Donath L, Verhagen E, Junge A, Schweizer T, Faude O. Exercise-based injury prevention in child and adolescent sport: A systematic review and meta-analysis. *Sports Med* 2014;**44**:1733-48.
3. Silva PV, Kamper SJ, Costa L. Exercise-based intervention for prevention of sports injuries (pedro synthesis). *Br J Sports Med* 2017.
4. Soomro N, Sanders R, Hackett D, et al. The efficacy of injury prevention programs in adolescent team sports: A meta-analysis. *Am J Sports Med* 2016;**44**:2415-24.
5. Asker M, Brooke HL, Walden M, et al. Risk factors for, and prevention of, shoulder injuries in overhead sports: A systematic review with best-evidence synthesis. *Br J Sports Med* 2018.
6. Abernethy L, Bleakley C. Strategies to prevent injury in adolescent sport: A systematic review. *Br J Sports Med* 2007;**41**:627-38.
7. Gagnier JJ, Morgenstern H, Chess L. Interventions designed to prevent anterior cruciate ligament injuries in adolescents and adults: A systematic review and meta-analysis. *Am J Sports Med* 2013;**41**:1952-62.
8. Faude O, Rössler R, Petushek EJ, Roth R, Zahner L, Donath L. Neuromuscular adaptations to multimodal injury prevention programs in youth sports: A systematic review with meta-analysis of randomized controlled trials. *Frontiers in Physiology* 2017;**8**:791.
9. Steib S, Rahlf AL, Pfeifer K, Zech A. Dose-response relationship of neuromuscular training for injury prevention in youth athletes: A meta-analysis. *Frontiers in Physiology* 2017;**8**:920.
10. Ivarsson A, Johnson U, Andersen MB, Tranaeus U, Stenling A, Lindwall M. Psychosocial factors and sport injuries: Meta-analyses for prediction and prevention. *Sports Med* 2017;**47**:353-65.
11. Ivarsson A, Johnson U, Andersen MB, Fallby J, Altemyr M. It pays to pay attention: A mindfulness-based program for injury prevention with soccer players. *Journal of Applied Sport Psychology* 2015;**27**:319-34.
12. O'Brien J, Finch CF. The implementation of musculoskeletal injury-prevention exercise programmes in team ball sports: A systematic review employing the re-aim framework. *Sports Med* 2014;**44**:1305-18.
13. Donaldson A, Callaghan A, Bizzini M, Jowett A, Keyzer P, Nicholson M. A concept mapping approach to identifying the barriers to implementing an evidence-based sports injury prevention programme. *Inj Prev* 2019;**25**:244-51.
14. Ageberg E, Bunke S, Lucander K, Nilsen P, Donaldson A. Facilitators to support the implementation of injury prevention training in youth handball: A concept mapping approach. *Scand J Med Sci Sports* 2019;**29**:275-85.