

Table 4 demonstrates the key themes, subthemes and some of the relevant quotes that emerged during the thematic analysis

Theme	Subtheme	Quotes
<i>The understanding of the 11+ injury prevention warm-up</i>	Importance	<i>Player: "I really like it as a warmup, I think it's super easy and basically I like the fact that I know that it's proven to reduce injuries."</i>
		<i>Coach: "Yes, I think so. I think on most coaching licenses I've been on that have had someone for football have come along and talked everyone through it. I think the coaches come away with some semblance of an understanding of what they should be delivering."</i>
		<i>Player: "I think it's from sort of a social, sort of lower level aspect, I think it's probably almost more important considering that you quite often come in cold straight away, and you're expected to jump on the field, and then you don't get the attention or time to do something and it might stop you from getting injured. So I'm always hesitant coming on, you jump straight on the field straight away and you're sort of like, oh, I'm going to get hurt here. So yeah, no, I think it's pretty important."</i>
	Understanding and inclusion of Part 2	<i>S+C: "I always thought it was interesting because you're doing a lot of those movements [Part Two exercises] in your gym sessions anyway, so I usually just take them out."</i>
		<i>Coach: "I've never seen Part Two. So I've only ever seen, I think it's six, eight minutes at the start, two groups in a line, two lines going around the cones, doing the running movements and all that, opening the gates and stuff. I've never seen 10 minutes of planks and things like that, nor whatever it is that I don't understand"</i>
		<i>Player: "We just do the running things with the cones and it only takes a few minutes and then it's done."</i>
	Barriers	<i>Player: "I'd say just changing that for social teams just that social stigma around warming up, quite often you turn up and if you're the one person warming up you kind of look like a dick, you look like you're out there as a pro. And I'd say that's probably one of the number one reasons people don't warm up on a social team is because you look like an idiot if you're going to warm up before you play five a side at futsal."</i>

		<i>S+C: "at community level it's probably not executed well enough to be effective"</i>
<i>Content of an ideal injury prevention programme</i>	Aspects that were thought to be important	<i>Medical: "The shoulder bump exercise in the 11+ to me is one of the most important preparatory drills, especially before a game."</i>
		<i>S+C: "I think, looking at it, the things that you get plenty of in the game are the top block [Part One] and the bottom block [Part Three], the things that are most important for that injury prevention side of things, which especially at the community level, people won't be as accustomed to doing, is definitely the plyometric stuff, the balance stuff, the hamstring strengthening exercises."</i>
		<i>S+C: "I think that plyo component and the progression of those plyos, and then especially those landing mechanics, all that sort of stuff, is invaluable."</i>
		<i>Medical: "physiological responses to potentially reduce risk, maybe we only need three to five minutes of moderate exercise for instance"</i>
		<i>Medical: " you need to put strength and core related activities somewhere in your training"</i>
	Poor engagement in Part 2	<i>S+C: "...a community-based player, I'd get them through the running. I'd get them through the quick stuff at the end, get them through some change of direction. And I'd probably bomb off the middle, if I'm being honest. If they're going to do it poorly."</i>
		<i>Coach: "Yeah. You look at some movement of Part Two like the single leg stands and vertical jumps and things like that, again, lend itself to that, we're stood up, ball each, whatever it may be, we've just done a run and then we go into our sprints and then we're away. There's something in my mind which still says, yep, this is all related, this links to this. We're away. As soon as we get on the floor and start doing planks and things like that, I'm not sure..."</i>
	Utilisation of the football	<i>Player:" I think with the sprinting part you could definitely get it out of a game with the ball involved and I</i>

		<i>think socially that's probably what most people want when they're warming up."</i>
		<i>Coach: "Not necessarily football, but loosely based on football stimuli. So even throwing balls or something like that and catching balls, I don't know, warming up neurologically somehow"</i>
<i>Structure of the programme</i>	<i>Rigidity of the programme</i>	<i>Player: "I think the fact that we do it at the start of every training or whatever that almost mentally prepares me as well. I know it's physically supposed to warm you up, but I kind of get to the end of the warmup and I'm like, okay, you're ready to go."</i>
		<i>Player: "I think with the sprinting part you could definitely get it out of a game with the ball involved and I think socially that's probably what most people want when they're warming up."</i>
		<i>Medical: "[Senior national team coach, name removed], devises a session plan about defending and shows community coaches and players how to deliver it. That includes some injury prevention messages and themes throughout the program."</i>
	<i>Individualization</i>	<i>S+C: "I reckon it's a great call if you show the athletes their individual work ons, strengths, weaknesses etc., the buy-in from my experience is far greater than the delivery of a generic program."</i>
		<i>Player: Having two programs [male and female] is probably a bit woke. I don't really see the difference. Running is running sort of thing, we all have groins and we all have hamstrings, I don't really know if it's really going to be much different.</i>
		<i>Player: "I would think if you're going to have separate ones you would have to have quite a clear evidence that there is difference in the injuries and sell that story and quite clearly for people then to accept the different ones."</i>
	<i>Length of time to complete</i>	<i>Coach: "Time is definitely one, and that's why I think most have probably reverted to part two is done on your own time. So I think that's a challenge because you never know whether part two is actually done, unless you put systems in place for people filming themselves at home and submitting it"</i>

		<i>Medical: 'Time is a big one. They love to play football and they hate not using a ball. They seem to think to prepare for football, you have to be playing football'</i>
		<i>Coach: "at the senior, elite performance level, whatever you want to call it, there's sometimes not enough time, even for the eight minutes to do it on a match day warmup, for example. Training, yes, is still an option, but even then, a training session of 60 minutes, your time starts to get cramped"</i>
		<i>Player: "I'm terrible at warming up because it just takes time and I'm normally in a rush."</i>
	Incorporation into sessions	<i>S+C: I can see really good opportunities if you've got a coach and an S&C working together to deliver the nuts and bolts of this, but with the inclusion of the tactical or skill components of the warmup."</i>
		<i>Medical: "if a team has an S and C or who's whole role is to deliver some fancy program, then they look at the 11 plus and it's kind of, it's a victim of its own simplicity. Whereas what they, their exercise program will be they'll have a drill which will match something that's in the 11 plus somewhere"</i>
<i>Education, adherence and dissemination</i>	Who is responsible for implementation	<i>Player: "Yeah, I think it would be virtually impossible [to do the 11+ or other injury prevention initiative] without coach buy in. They have complete ownership of what warm up we do, so if they weren't invested or if they want to do something different then we could give feedback on that, but ultimately the buck stops with them on what we're doing for the warmup and that's their job."</i>
		<i>Player: "I think it's hard at the social level to get an organized delivery because generally you don't have a coach."</i>
	How to disseminate information	<i>Player: "The [existing] videos are just so dry."</i>
		<i>Player: "A lot of people use apps, I use an app in the gym most days to find my program or whatever, if you've got it on there or somewhere you can just access it, fine."</i>

		<i>S+C: "So I don't know if there's an opportunity in there, bringing some sort of education into the mix in terms of teaching people how to do this and creating a feedback loop, using some online tools, perhaps."</i>
	Use of Role Models	<i>S+C: "Even we're talking 13, 14 year olds, 12, 14 year olds, they love to see their heroes doing cool stuff and it's a hugely influential age, and developing good habits and delivering good information to them at that age, at that early age, is I reckon invaluable"</i>
		<i>Player: "People follow what relatable role models do and it's the same with kids, having professional athletes or people they look up to doing the same you kind of monkey see, monkey do, so they just copy what everyone else is doing. "</i>
	Education and messaging behind programme	<i>Medical: "One of the things we've tried to do is really work closely with the coach education sort of departments, and go look, this here, this is a coach's program. It's not a medical program. This is your warmup. It's not a physio's warmup. So then we can essentially, once you give them ownership, we've found that they actually make it. They, then grab it and they take it."</i>
		<i>Coach: "Mine would be around messaging folks. So I think if we were to concentrate on the performance element of it, that's what switches more people on is performance levels as opposed to reducing injury."</i>
		<i>S+C: "Look, I'm moving more and more towards a long-term athlete development model, so you've got to start at the grassroots and see where the problems are, see where the gaps and fill those gaps."</i>