

APPENDIX 3 : Influence of league level on training modalities that are performed more than once per week by the basketball teams. Numbers reported represent the number of participants and the % of participants per league

NEVER PERFORMED				
	SBL (n=28)	NLB (n=53)	NL1 (n=23)	P
Warm-up	2 (7.1)	2 (3.8)	1 (4.34)	0.602
Movement Preparation	3 (10.7)	10 (18.9)	5 (21.7)	0.878
On-Court Muscular Strengthening	10 (35.7)	15 (28.3)	10 (43.5)	0.512
Muscular Strengthening before/after training	12 (42.9)	24 (45.3)	15 (65.2)	0.823
Muscular Strengthening during a specific Session	5 (17.9)	24 (45.3)	13 (56.5)	0.316
On-Court Mobility	5 (17.9)	18 (34.0)	10 (43.5)	0.667
Session of Mobility before/after training	13 (46.4)	29 (54.7)	19 (82.6)	0.757
Mobility during a specific session	13 (46.4)	37 (69.8)	17 (73.9)	0.820
Coordination Training	8 (28.6)	18 (34.0)	9 (39.1)	0.974
Sprint Training	7 (25.0)	21 (39.6)	8 (34.8)	0.699
Cooldown	11 (39.3)	26 (49.1)	14 (60.9)	0.998
Specific IP protocol (E.g., FIFA11+)	18 (64.3)	37 (69.8)	20 (87.0)	0.868
Other	21 (75.0)	45 (84.9)	20 (87.0)	0.667

n: number of participants, p: P-value, IP: Injury Prevention

ONCE PER WEEK				
	SBL (n=28)	NLB (n=53)	NL1 (n=23)	P
Warm-up	0 (0)	1 (1.9)	3 (13.0)	<b>0.013</b>
Movement Preparation	2 (7.1)	8 (15.1)	5 (21.7)	0.293
On-Court Muscular Strengthening	7 (25.0)	24 (45.3)	9 (39.1)	0.684
Muscular Strengthening before/after training	4 (14.3)	14 (26.4)	4 (17.4)	0.898
Muscular Strengthening during a specific Session	5 (17.9)	16 (30.2)	7 (30.4)	0.628
On-Court Mobility	7 (25.0)	19 (35.8)	2 (8.7)	0.309
Session of Mobility before/after training	3 (10.7)	8 (15.1)	1 (4.3)	0.669
Mobility during a specific session	4 (14.3)	9 (17.0)	2 (8.7)	0.840
Coordination Training	9 (32.1)	19 (35.8)	8 (34.8)	0.702
Sprint Training	12 (42.9)	22 (41.5)	4 (17.4)	0.243
Cooldown	2 (7.1)	11 (20.8)	4 (17.4)	0.564
Specific IP protocol (E.g., FIFA11+)	4 (14.3)	6 (11.3)	0 (0)	0.193
Other	0 (0)	2 (3.8)	0 (0)	0.507

n: number of participants, p: P-value, IP: Injury Prevention, bold: statistically significant

## MORE THAN ONCE PER WEEK

	SBL (n=28)	NLB (n=53)	NL1 (n=23)	P
Warm-up	26 (92.9)	50 (94.3)	19 (82.6)	0.422
Movement Preparation	23 (82.1)	33 (62.3)	12 (52.2)	0.986
On-Court Muscular Strengthening	10 (35.7)	12 (22.6)	3 (13.0)	0.653
Muscular Strengthening before/after training	11 (39.3)	13 (24.5)	3 (13.0)	0.555
Muscular Strengthening during a specific Session	15 (53.6)	11 (20.8)	2 (8.7)	0.060
On-Court Mobility	14 (50.0)	14 (26.4)	10 (43.5)	0.308
Session of Mobility before/after training	8 (28.6)	14 (26.4)	2 (8.7)	0.391
Mobility during a specific session	7 (25.0)	5 (9.4)	3 (13.0)	0.491
Coordination Training	7 (25.0)	14 (26.4)	5 (21.7)	0.755
Sprint Training	5 (17.9)	9 (17.0)	10 (43.5)	<b>0.013</b>
Cooldown	12 (42.9)	14 (26.4)	4 (17.4)	0.677
Specific IP protocol (E.g., FIFA11+)	2 (7.1)	8 (15.1)	2 (8.7)	0.378
Other	1 (3.6)	3 (5.7)	2 (8.7)	0.536

n: number of participants, p: P-value, IP: Injury Prevention, bold: statistically significant