

Evaluation questionnaire

The statements below relate to the Bounding program you performed during the last season. The bounding program consists of the build-up program (1st 12 weeks walking lunges, triplings & drop lunges and bounding) and the maintenance program throughout the season (Bounding)

1. I enjoyed doing the Bounding program

Strongly Agree Agree Neutral Disagree Strongly disagree

2. I found the Bounding program useful

Strongly Agree Agree Neutral Disagree Strongly disagree

3. I found the Bounding program (too) intense

Strongly Agree Agree Neutral Disagree Strongly disagree

4. I found the Bounding program (too) easy

Strongly Agree Agree Neutral Disagree Strongly disagree

5. I found the Bounding program functional

Strongly Agree Agree Neutral Disagree Strongly disagree

6. I found the Bounding program (too) time consuming

Strongly Agree Agree Neutral Disagree Strongly disagree

7. I found the Bounding program easy to fit in a football training session

Strongly Agree Agree Neutral Disagree Strongly disagree

8. I will continue to do the Bounding program the upcoming competition

Strongly Agree Agree Neutral Disagree Strongly disagree