

# **A Multinational Cluster Randomised Controlled Trial to Assess the Efficacy of ‘11+ Kids’: A Warm-Up Programme to Prevent Injuries in Children’s Football**

## **Short title: Injury prevention in children’s football**

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Electronic supplementary material 3: General evaluation of '11+ Kids' by coaches of the intervention group at the end of the season. For items 1 to 11 a five-level Likert scale was used as follows: 1: Strongly disagree, 2: Disagree, 3: Neither agree nor disagree, 4: Agree, 5: Strongly agree.

|                                                                                                    | <b>N</b> | <b>Min</b> | <b>Max</b> | <b>Mean</b> | <b>SD</b> |
|----------------------------------------------------------------------------------------------------|----------|------------|------------|-------------|-----------|
| <b>After the briefing by the study assistant I was able to instruct the players independently.</b> | 128      | 1          | 5          | 4.71        | 0.74      |
| <b>The printed '11+ Kids' manual is helpful.</b>                                                   | 128      | 2          | 5          | 4.77        | 0.62      |
| <b>The time requirement is reasonable.</b>                                                         | 128      | 1          | 5          | 3.37        | 1.20      |
| <b>'11+ Kids' can be integrated into the training routine without problems.</b>                    | 128      | 2          | 5          | 3.92        | 1.01      |
| <b>'11+ Kids' can be performed in bad weather conditions without problems.</b>                     | 126      | 1          | 5          | 3.60        | 1.07      |
| <b>'11+ Kids' can be performed indoors without problems.</b>                                       | 126      | 1          | 5          | 4.42        | 0.96      |
| <b>After the winter break the players were able to proceed on the same level.</b>                  | 124      | 2          | 5          | 4.10        | 0.90      |
| <b>I believe that the programme can prevent injuries.</b>                                          | 126      | 1          | 5          | 3.90        | 0.92      |
| <b>I believe that the programme can improve player's performance.</b>                              | 124      | 1          | 5          | 3.49        | 0.90      |
| <b>After the programme the players were sufficiently warmed-up to begin with the training.</b>     | 126      | 1          | 5          | 3.93        | 0.96      |
| <b>In general, I find injury prevention important.</b>                                             | 122      | 3          | 5          | 4.80        | 0.52      |
| <b>How long did it take to perform the programme on average? [min]</b>                             | 124      | 5          | 35         | 18.05       | 4.40      |
| <b>Did you do the programme in every training session? [%]</b>                                     | 122      |            |            | 36.8        |           |

Electronic supplementary material 4: Exercise-specific evaluation of '11+ Kids' by coaches of the intervention group at the end of the season. For items 1 to 3 a five-level Likert scale was used as follows: 1: Strongly disagree, 2: Disagree, 3: Neither agree nor disagree, 4: Agree, 5: Strongly agree.

| Exercise                                        | Running game |      | Skating jumps |      | Ball passing |      | Push-up |      | Single leg jumps |      | Spiderman |      | Falling techniques |      |
|-------------------------------------------------|--------------|------|---------------|------|--------------|------|---------|------|------------------|------|-----------|------|--------------------|------|
|                                                 | Mean         | SD   | Mean          | SD   | Mean         | SD   | Mean    | SD   | Mean             | SD   | Mean      | SD   | Mean               | SD   |
| The exercise was fun for the players.           | 3.82         | 0.86 | 3.78          | 0.86 | 4.18         | 0.73 | 4.08    | 0.97 | 3.88             | 0.99 | 3.96      | 1.02 | 3.82               | 1.20 |
| Graduation of the levels is reasonable.         | 4.14         | 0.81 | 4.28          | 0.66 | 4.30         | 0.81 | 4.27    | 0.78 | 4.28             | 0.82 | 4.11      | 0.84 | 4.07               | 0.86 |
| Feasibility of the exercise is high.            | 4.43         | 0.72 | 4.24          | 0.83 | 4.37         | 0.71 | 4.03    | 0.86 | 4.44             | 0.65 | 3.87      | 1.04 | 3.48               | 1.15 |
| Level (1-5) performed at the end of the season: | 4.36         | 0.77 | 4.13          | 0.89 | 4.17         | 0.76 | 3.79    | 1.01 | 4.29             | 0.69 | 3.74      | 0.84 | 3.63               | 1.16 |
| I did modifications to the exercise. [%]        | 9.7          |      | 2.7           |      | 2.7          |      | 12.0    |      | 6.5              |      | 12.0      |      | 5.6                |      |