

Additional file 6

Table 1. Players' risk perceptions, outcome expectancies and action self-efficacy of <i>Knee Control</i> assessed pre-intervention and post-season, sex-separated results			
		Male <i>n</i> =153	Female <i>n</i> =93
Risk perceptions			
<i>Pre-intervention</i>			
I expect I will sustain an injury sometime during this season... (1 likely–7 unlikely)		4 (2) ^a	4 (2) ^b
Outcome expectancies			
<i>Pre-intervention</i>			
Many sports injuries are preventable with the help of training or protective equipment... (1 false–7 true)		6 (0) ^a	6 (2) ^c
<i>Post-season</i>			
After training <i>Knee Control</i> this season, I think my risk of injury has... (1 increased– 7 decreased)		5 (2) ^d	5 (2)
After training <i>Knee Control</i> this season, I have become faster, stronger and developed better balance... (1 false – 7 true)		5 (1) ^d	5 (2)
Action self-efficacy			
<i>Post-season</i>			
I have listened to my coach's instructions on how to do the <i>Knee Control</i> exercises... (1 little – 7 much)		6 (1) ^d	6 (1)
I have been able to do all the exercises in the <i>Knee Control</i> programme correctly... (1 unsure – 7 sure)		6 (2) ^d	6 (2)
I have made a 100% effort when we practiced the <i>Knee Control</i> exercises... (1 false – 7 true)		6 (1) ^d	6 (1)

All results are presented as median with interquartile range in brackets. “Extremely” to be added to all anchors in the Likert scale.

^a Missing for 6 players

^b Missing for 4 players

^c Missing for 5 players

^d Missing for 1 player

Table 2.	Outcome expectancies, action self-efficacy and appraisal of <i>Knee Control</i> separated for coaches for male (n=23) versus female (n=12) teams			
	Pre-intervention		Post-season	
	Male	Female	Male	Female
Outcome expectancies				
In general, how preventable do you think floorball injuries are? (1 not preventable – 7 preventable)	6 (1)	5.5 (1)	6 (1)	6 (1)
In your opinion, what would/has happen/ed to a floorball player's overall risk of injury if he/she participated in injury prevention training? (1 increase– 7 decrease)	5 (4)	5.5 (4)	3 (3)	5 (2)
What do you think would/has happen/ed to a floorball player's performance if he/she did injury prevention training regularly? (1 decrease– 7 increase)	5 (1)	5.5 (1)	5 (2)	5 (2)
Action self-efficacy				
My knowledge about preventing injuries in floorball is... (1 poor – 7 good)	4 (2)	3.5 (2)	5 (1)	5 (1)
My practical ability to use <i>Knee Control</i> with my team is... (1 poor–7 good)			5 (1) ^a	5 (2)
Appraisal of <i>Knee Control</i>				
<i>Knee Control</i> is floorball specific... (1 false – 7 true)			5 (2)	5 (1)
<i>Knee Control</i> takes too much time... (1 false – 7 true)			4 (3)	3 (3)
<i>Knee Control</i> contains appropriate variation and progression for our team... (1 false – 7 true)			5 (1)	5 (1)
<i>Knee Control</i> can be used over several seasons in our team... (1 false – 7 true)			6 (1)	6 (1)

All results are presented as median with interquartile range in brackets. “Extremely” to be added to all anchors in the Likert scale, e.g., 1 extremely not preventable – 7 extremely preventable.

^a Missing for 1 coach

Table 3. Players' appraisals of <i>Knee Control</i>, in total and sex-separated results			
	Total (n=246)	Male (n=153)	Female (n=93)
Positive			
The exercises can reduce my risk of injury, n (%)	216 (88)	133 (87)	83 (89)
I became better at performing <i>Knee Control</i> during the season, n (%)	177 (72)	111 (73)	66 (71)
Do exercises together in the team or in pair, n (%)	117 (48)	68 (44)	49 (53)
The ball and/or the stick were used in some exercises, n (%)	102 (41)	60 (39)	42 (45)
The structured warm-up with the same exercises in the same order every time, n (%)	99 (40)	60 (39)	39 (42)
The exercises differ from the usual floorball training, n (%)	84 (34)	51 (33)	33 (35)
The exercises can be made more difficult gradually, n (%)	80 (33)	46 (30)	34 (37)
I became a better player by training <i>Knee Control</i> , n (%)	78 (32)	46 (30)	32 (34)
Nothing, I did not like the programme, n (%)	18 (7)	15 (10)	3 (3)
I did not understand why I should do the exercises, n (%) ^a	16 (7)	12 (8)	4 (4)
Negative			
We had less time for the rest of the floorball training, n (%) ^a	103 (43)	63 (43)	40 (43)
The exercises were boring, n (%) ^a	96 (40)	65 (44)	31 (33)
Nothing, I liked the programme, n (%) ^a	59 (25)	35 (24)	24 (26)
I feel pain when I do the exercises, n (%) ^a	58 (24)	30 (20)	28 (30)
The programme was too long, n (%) ^a	47 (20)	30 (20)	17 (18)
The exercises were too easy, n (%) ^a	36 (15)	25 (17)	11 (12)
The exercises had nothing to do with floorball, n (%) ^a	29 (12)	23 (16)	6 (6)
The exercises were too difficult/heavy, n (%) ^a	10 (4)	7 (5)	3 (3)

^a Missing for 6 male players