Setting An online survey for all continental football federations.

Patients (or Participants) A total of 1690 professional and semi-professional soccer players and coaches completed the survey.

Interventions (or Assessment of Risk Factors) The questionnaire consisted of questions relating to the awareness level, implementation rate, and opinion of the FIFA 11+ injury prevention program. Questions development was guided by several authors whose expertise is in sport medicine and injury prevention.

Main Outcome Measurements The primary outcomes were awareness level, implementation rate, and opinion of the effectiveness of the FIFA 11+ injury prevention program in reducing injuries.

Results A total of 824 (48.8%) professional and semi-professional soccer players and coaches reported awareness of the FIFA 11+ injury prevention program and 680 (40.2%) reported implementing the FIFA 11+ injury prevention program in their current practice at some level. Participants who implemented the FIFA 11+ injury prevention program reported a positive attitude towards program efficacy, with a score of 8.16±1.10 out of 10.

Conclusions The results suggest a relationship between the variables explored. Therefore, increasing awareness of the FIFA +11 injury prevention program may increase implementation rates around the world, which may lead to an increase in the reduction of soccer injury incidence.

Background Injury prevention, or the lack thereof, is influenced by a variety of elements in any team context. With the rising number of injuries in women’s football and the scarcity of human resources in Sub-Saharan Africa, it’s critical to investigate how standardized injury prevention measures may be implemented.

Objective The goal of the study was to assess injury prevention knowledge, beliefs, and practices among women’s football teams in South Africa.

Setting All women’s teams in the USSA Football league in South Africa.

Patients (or Participants) Twenty male elite football players (aged 22 ± 2 years) called up to the Olympic team.

Intervention Over 27 days, athletes had 19 training days, 2 traveling days, 2 days with friendly matches, and 4 days with official games.

Main Outcome Measurements SlgA was analysed using a real-time lateral flow device. Training and match internal loads were assessed using the session rating of perceived exertion (sRPE) method.

Results During the first 3 days of training, sRPE (p < 0.001), but not slgA (p > 0.05), varied significantly; however, slgA had a moderate negative within-subjects correlation with sRPE (r = -0.39; confidence interval 95%: -0.62 to -0.09). During the whole study period, daily slgA ranged from 350 ± 242 to 517 ± 238 μg/mL (p > 0.05). The between-subjects coefficient of variation of slgA ranged from 44.5% to 69.2%, whereas its within-subjects coefficient of variation ranged from 17.3% to 74.7%. Daily sRPE varied significantly throughout the whole study period (p < 0.001). No upper respiratory tract infection was reported.

Conclusions SlgA showed a high between- and within-subjects variation in male elite football players, which may limit its usefulness as a valid biological marker for response to training and risk of upper respiratory tract infection.