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| **Supplementary data A sample phase of the intervention exercise programme. In this case, Phase 2 of the Under-15 Programme** | | | |
|  | **Exercise** | **Instructions** | **Repetition/duration** |
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| **Part A**  **(2 minutes)** | Side shuffle | Face side-on to direction of run, push off with rear leg, feet do not cross over mid-stride | 1 x 10 metres each side |
| Diagonal side shuffle | Face diagonally (45°) to direction of run, perform two shuffles, pivot 90° on leading leg to face diagonally in other direction on third shuffle. | 2 x 10 metres |
| Planned plant and cut (p) | Partners stood diagonally to each other, one partner runs towards the other. When 2-3 metres away, running partner plants one foot, before pushing away through standing leg to evade stationary partner. | 2 x 10 metres |
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| **Part B**  **(5 minutes)** | Single leg balance with eyes closed | Slight flexion in standing leg, level pelvis, hip, knee, and ankle to remain in vertical alignment. | 6 x 8-10 seconds each leg |
| Single leg sideways hop into double leg landing | Land squarely on both feet shoulder-width apart and knees slightly flexed. Maintain vertical alignment through hips, knees, and ankles, | 1 x 6 each leg |
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| **Part C**  **(8 minutes)** | Forward Lunge | Lead foot to be in full contact with the ground, rear foot to be on balls of the feet. Leading knee to be in alignment with toes and torso to remain upright. | 1 x 4 each side |
| Nordic Hamstring Curl (p) | Partners kneel one behind the other. Rear partner leans their weight onto the heel/calf area of front partner. Front partner then hinges forward at the knee, keeping a straight line between the knees, hips, shoulder, and head. Front partner should restrain from falling forward as long as possible. | 1 x 3 |
| Side bridge | Start by lying on one side, supporting weight with lowermost forearm and outside of lowermost foot in contact with the ground. Draw hips up to form straight line between upper most ankle and shoulder. | 1 x 15 seconds each side |
| Static side press up with perturbation (p) | One partner adopts a side-on press-up position (similar to side bridge, but with hand of lowermost arm supporting weight instead of forearm). Standing partner manipulates shoulder, head, and trunk of partner who is in the press-up position, who tries to maintain a rigid posture. | 1 x 15 seconds each side |
| Bear crawl with resisted static neck contractions (p) | One partner adopts a static “bear crawl” position (hands below shoulders, knees below hips, straight back). Standing partner applies force in various directions to the head of the partner who is in the “bear crawl”, who tries to resist the applied force. The head of the partner in the “bear crawl” should not move. | 1 x 10 seconds each (4) direction |
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| **Part D**  **(5 minutes)** | Sway drill – step and sway | Begin in quarter-squat stance – step one foot out to the side and reach out with hand as far over as possible. Shift ipsilateral hip over foot that stepped out to maintain alignment between hip, knee, and ankle. | 1 x 3 each side |
| (p) – partnered exercise. | | | |
|  | Bouncers | Start by adopting a press-up position. Draw feet towards hands to adopt a crouched position. Spring forwards into a press-up position, catching with the arms. Land with elbows slightly flexed. | 1 x 6 |