

**SUPPLEMENTAL TABLES****Supplemental table 1** Definitions used in the data collection<sup>39</sup>

<b>Injury</b>	Any physical complaint sustained by a player that results from a football match or football training, irrespective of the need for medical attention or time-loss from football activities.
<b>Injury severity</b>	The number of days that have elapsed from the date of injury to the date of the player's return to full participation in team training and availability for match selection. <ul style="list-style-type: none"><li>▪ Minimal injury: absence for 1-3 days</li><li>▪ Mild injury: absence for 4-7 days</li><li>▪ Moderate injury: absence for 8-28 days</li><li>▪ Severe injury: absence for &gt;28 days.</li></ul>
<b>Mechanism of injury</b>	Traumatic: an injury resulting from a specific, identifiable event. Overuse: one caused by repeated microtrauma without a single, identifiable event responsible for the injury.
<b>Training exposure</b>	Team-based and individual physical activities under the control or guidance of the team's coaching or fitness staff that are aimed at maintaining or improving players' football skills or physical condition.
<b>Match exposure</b>	Play between teams from different clubs.

**Supplemental table 2.** Descriptive training participation and programme utilisation

Variables	Overall
No of training sessions	2224
Average players attendance (SD)	17.2 (6.1)
<b>Utilisation frequency</b>	
Full season, times/week (SD)	2.2 (0.2)

**Supplemental table 3.** Data on specific thigh (anterior and posterior) and knee (ACL and meniscus) injuries in the intervention and control group

	Intervention group		Control group		IRR (95% CI)	P value
	No. of injuries (%)	IR (95% CI)	No. of injuries (%)	IR (95% CI)		
<b>Thigh injuries</b>	<b>n=31</b>		<b>n=49</b>			
Anterior thigh	11 (37.9)	0.20 (0.11 to 0.37)	18 (36.7)	0.34 (0.21 to 0.53)	0.61 (0.28 to 1.28)	0.18
Posterior thigh	18 (62.1)	0.33 (0.21 to 0.53)	31 (63.3)	0.58 (0.41 to 0.83)	0.58 (0.32 to 1.02)	0.06
<b>Knee injuries</b>	<b>n=26</b>		<b>n=36</b>			
ACL rupture	1 (3.8)	0.01 (0.00 to 0.13)	4 (11.1)	0.07 (0.02 to 0.20)	0.25 (0.02 to 2.21)	0.21
Meniscus tear	1 (3.8)	0.01 (0.00 to 0.13)	4 (11.1)	0.07 (0.02 to 0.20)	0.25 (0.02 to 2.21)	0.21

- IR, incidence rates, are reported per 1000 hours of football play and are unadjusted.
- IRR, incidence rate ratios, are adjusted for team.
- CI, confidence interval.