



Soccer Injury Prevention Study



Player Name: _____

Club & Team Name: _____

Date(dd/mm/yy): _____

This survey should take you approximately 10-15 minutes to complete. Please answer all questions thoughtfully and as accurately as possible. Please ask the research assistant present to answer any questions you may have.

SECTION A: Players Participation and Injury His tory.

Instructions: Please answer the following questions and provide brief details where appropriate.

Previous Soccer Playing History

1. For how many years have you been playing soccer?

This was my first season

1 year

2 years

3 years

4 years

5 years

greater than 5 years

Please specify _____

2. Please indicate the highest level of play that you have **ever played in?**

Club



Tier 1/Metro

Tier 4/Selects

Tier 2/Gold

Tier 5/Bronze

Tier3/Silver

Tier 6

Provincial team

National team

Other, please specify _____

3. At which level of play did you play in **during the 2011 outdoor season?** (*indicate more than one if appropriate*)

Recreational or social league

Club



Tier 1/Metro

Tier 4/Selects

Tier 2/Gold

Tier 5/Bronze

Tier3/Silver

Tier 6

Provincial team

National team

Other, please specify _____

4. Approximately how many **hours of soccer** did you participate in during training and games per week during the 2011 outdoor season?

- 2 hours 3 hours 4 hours 5 hours 6 hours greater than 6 hours
Please specify _____

5. Have you ever played in a soccer team that has used, or is currently using, a specific conditioning program at training sessions to **improve players' performance and/or fitness**?

- No
 Yes.....Please describe briefly _____

6. Have you ever played in a soccer team that has used, or is currently using, a specific conditioning program at training sessions to **reduce players' risk of injuries**?

- No
 Yes.....Please describe briefly _____

Previous Soccer Injury History

7. In the past 12 months, have you ever experienced a lower extremity injury (e.g. foot, ankle, calf, shin, knee, groin, thigh or hip) from playing soccer which **resulted in you not being able to participate in a game or training session**?

- No
 Yes.....Please describe to the best of your ability the following injury details.
Approximate date of injury (month & year): _____
Body part: _____
Type of injury: _____
How did it occur: _____
How long were you unable to participate in soccer practice or games? _____

8. In the past 12 months, have you ever experienced a lower extremity injury (e.g. foot, ankle, calf, shin, knee, groin, thigh or hip) from playing soccer which **resulted in you not being able to attend school or work for at least one day**?

- No
 Yes..... Please describe to the best of your ability the following injury details.
Approximate date of injury (month & year): _____
Bodypart: _____
Type of injury: _____
How did it occur: _____
How long were you unable to attend work or school? _____

SECTION B: Players Beliefs and Attitudes

Section B of this survey asks you questions about your attitudes and feelings towards **completing a 20min soccer-specific balance, agility and strength training program with your team at every game and training session during the next soccer season.**

The questions use a rating scale with 7 places. You need to circle the number that best describes what you think. For example, if you were asked to rate “The weather in Calgary” and you think it is “extremely good” then you would circle the *number 7*, like this:

The weather in Calgary is

Bad 1 2 3 4 5 6 7 **Good**
Extremely Quite Slightly Neither Slightly Quite Extremely

Even though some of these questions might seem repetitive, please make sure you answer all the items – don't leave any out.

Only circle one number for each question

Please do not circle in between the numbers

1. Completing a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season would be (*circle one*)

Bad 1 2 3 4 5 6 7 **Good**
Extremely Quite Slightly Neither Slightly Quite Extremely

2. Completing a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season will improve my physical skills such as balance, agility and strength (*circle one*)

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

3. Decreasing my risk of sustaining an injury would be (*circle one*)

Good 1 2 3 4 5 6 7 **Bad**
Extremely Quite Slightly Neither Slightly Quite Extremely

4. When it comes to soccer, I want to do what my coach thinks I should do (*circle one*)

Agree 1 2 3 4 5 6 7 **Disagree**
Extremely Quite Slightly Neither Slightly Quite Extremely

5. Completing a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season would be *(circle one)*

Pleasant 1 2 3 4 5 6 7 **Unpleasant**
Extremely Quite Slightly Neither Slightly Quite Extremely

6. Completing a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season will be boring and repetitive *(circle one)*

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

7. Improving my physical skills such as balance, agility and strength would be *(circle one)*

Good 1 2 3 4 5 6 7 **Bad**
Extremely Quite Slightly Neither Slightly Quite Extremely

8. Completing a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season will reduce my risk of sustaining an injury *(circle one)*

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

9. A boring and repetitive soccer-specific balance, agility and strength training program would be *(circle one)*

Good 1 2 3 4 5 6 7 **Bad**
Extremely Quite Slightly Neither Slightly Quite Extremely

10. My coach thinks that *(circle one)*

I should 1 2 3 4 5 6 7 **should not**
Extremely Quite Slightly Neither Slightly Quite Extremely

complete a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season

11. I expect to have fun with my team during the next soccer season *(circle one)*

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

12. Most soccer teams complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the soccer season (*circle one*)

False 1 2 3 4 5 6 7 **True**
Extremely Quite Slightly Neither Slightly Quite Extremely

13. My doctor or physiotherapist thinks that (*circle one*)

I should 1 2 3 4 5 6 7 **should not**
Extremely Quite Slightly Neither Slightly Quite Extremely

complete a 20min soccer-specific balance, agility and strength training program with my team at every game and training session during this soccer season

14. I intend to complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the next soccer season. (*circle one*)

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

15. When it comes to soccer, I want to do what my doctor or physiotherapist thinks I should do (*circle one*)

Agree 1 2 3 4 5 6 7 **Disagree**
Extremely Quite Slightly Neither Slightly Quite Extremely

16. When it comes to soccer, how much do you want your team to be like other soccer teams (*circle one*)

Very much 1 2 3 4 5 6 7 **Not at all**
Extremely Quite Slightly Neither Slightly Quite Extremely

17. Most high level soccer players complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the soccer season (*circle one*)

False 1 2 3 4 5 6 7 **True**
Extremely Quite Slightly Neither Slightly Quite Extremely

18. When it comes to soccer, how much do you want to be like other high level soccer players (*circle one*)

Very much 1 2 3 4 5 6 7 **Not at all**
Extremely Quite Slightly Neither Slightly Quite Extremely

19. Having fun with my team will enable me to complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the next soccer season. *(circle one)*

Disagree 1 2 3 4 5 6 7 **Agree**
Extremely Quite Slightly Neither Slightly Quite Extremely

20. I expect I will sustain an injury sometime during the next soccer season *(circle one)*

Likely 1 2 3 4 5 6 7 **Unlikely**
Extremely Quite Slightly Neither Slightly Quite Extremely

21. I anticipate that I will complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the next soccer season. *(circle one)*

Disagree 1 2 3 4 5 6 7 **Agree**
Extremely Quite Slightly Neither Slightly Quite Extremely

22. Sustaining an injury will enable me to complete a 20min soccer-specific balance, agility and strength training program at every game and training session during the next soccer season. *(circle one)*

Disagree 1 2 3 4 5 6 7 **Agree**
Extremely Quite Slightly Neither Slightly Quite Extremely

Please continue onto next page

SECTION C: Players' Knowledge of Injury Risk and Prevention.

1. In your opinion what is the **most common body region injured among** soccer players in general? Indicate **one only**

- | | | |
|--|---|---|
| <input type="checkbox"/> head & face | <input type="checkbox"/> pelvis & hips | <input type="checkbox"/> hamstrings & thighs |
| <input type="checkbox"/> chest & abdomen | <input type="checkbox"/> shins & calves | <input type="checkbox"/> feet & hands |
| <input type="checkbox"/> shoulder & arms | <input type="checkbox"/> knees & ankles | <input type="checkbox"/> other...please specify _____ |

2. Do you believe female and male soccer players have the **same risk of injury** in soccer?

- No ...Please explain your answer _____

- Yes ...Please explain your answer _____

- Don't know ...Please explain your answer _____

3. Do you believe female and male soccer players sustain injuries to **similar body regions** in soccer?

- No ...Please explain your answer _____

- Yes ...Please explain your answer _____

- Don't know ...Please explain your answer _____

4. Do you believe female and male soccer players sustain injuries due to **through similar causes** in soccer?

- No ...Please explain your answer _____

- Yes ...Please explain your answer _____

- Don't know ...Please explain your answer _____

5. What are some of the factors that you think **may contribute** to a soccer player's risk of sustaining an injury? (tick up to 3 most important answers)

- Inadequate warm-up
- Lack of fitness or training
- Body contact
- Lack of stretching/flexibility
- Player's genetic background
- Lack of skill/poor technique
- Poor muscle strength
- Aggression/ taking risks
- other...please specify _____

6. Do you believe some soccer injuries are **preventable**?

No ...Please explain your answer _____

Yes ... which injuries and what are some of the factors that you think **may help prevent** a soccer player's risk of sustaining an injury?

Preventable injury	How it could be prevented
1.	1.
2.	2.
3.	3.
4.	4.

Don't know ...Please explain your answer _____

7. Who do you think are the people responsible for **preventing** a soccer player's risk of sustaining an injury? (tick up to 3 most important answers)

- Coaching staff
- Parents
- Soccer administration
- Players
- Doctors
- Physiotherapists
- Other medical professionals
- Referee
- other...please specify _____

8. What are some of the things that you **could do (or neglect to do)** as a player that **may contribute** to your risk of sustaining an injury? (tick up to 3 most important answers)

- Ensure I am fit
- Ensure adequate recovery/rest
- Complete a proper warm-up
- Focus on technique
- Strengthen muscles
- Stretch muscles
- Eat healthy
- Avoid taking risks
- other...please specify _____

SECTION D: Players feedback on the 11+ warm-up program

1. How did you learn about the 11 + warm-up program?
 I've never heard about it
 From my coach
 From participation in this research study
 From another source, *please describe*
-
2. Have you ever visited the 11 + warm-up program website?
 Yes, only once
 Yes, a few times
 No, never
If no, please describe your reason _____
3. On average, how many times a week did your team complete the 11+ warm-up program during the 2011 outdoor season before games and practices?
 We never did the program
 Less than once a week
 Approx. once a week
 Approx 2-3 times a week
 More than 3 times a week
4. What are some of the things you ***did not*** like about doing the 11+ warm-up program with your team during the 2011 outdoor season before games and practices? (*tick as many as appropriate*)
 We never did the 11+ warm-up program
 Nothing, I really enjoyed the 11+ program
 I didn't understand the reason for the exercises
 We had limited time to practice other soccer skills
 The exercises were too hard
 The exercises were too easy
 The exercises were boring
 The exercises are not specific enough to soccer
 Other, *please describe briefly*

5. What are some of the things you ***did*** like about doing the 11+ warm-up program with your team during the 2011 outdoor season before games and practices? (*tick as many as appropriate*)
 We never did the 11+ warm-up program
 Nothing, I really hated doing the 11+ program
 Learning about some exercises that might decrease my chance of injury
 Doing some exercises that are different to usual soccer practice
 Doing a set warm-up with the same exercises in order each time
 Feeling like I was getting better at doing the exercises
 The challenge of doing the exercises
 Getting an advantage over other soccer teams
 Having a therapist complete the warm-up with the team
 Other reason, *please describe briefly* _____
6. Is there any other comments or suggestions you would like to make about the 11+ warm-up program?

Thank you for your time in doing this survey