

Supplementary table 1. Summary of studies included in the review.

Reference (Year)	Study design	Level of evidence	Sports	Number of teams	Age (mean±SD) ^f	Type	Length	Frequency	Weekly time spent during in-season
Hewett et al. (1999)	Prospective non-randomized cohort	II	Soccer Volleyball Basketball	15 teams (control) 15 teams (intervention)	14 – 18 yr (range)	Stretching, plyometrics, Weight training	60 – 90 minutes	3 days per week in pre-season	N/A ^e
Soderman et al. (2000) ^a	Prospective randomized control	II	Soccer	6 teams (control) 7 teams (intervention)	C:20.4 ±5.4 yr I: 20.4 ±4.6 yr	Balance with balance boards	10 – 15 minutes	Each day for 30 days. 3 days per week rest of the season	10-15 min
Heidt et al. (2000) ^b	Prospective randomized control	I	Soccer	258 individuals (control) 42 individuals (intervention)	14 – 18 yr (range)	Cardiovascular, Plyometrics, Strength, flexibility, agility, and sports specific drills	75 minutes	3 days per week in pre-season	N/A ^e
Myklebust et al. (2003)	Prospective non-randomized cross over	II	Handball	60 teams (1 st yr) 58 teams (2 nd yr) 52 teams (3 rd yr)	21-22 yr	Balance with mats and wobble boards	15 minutes	3 days per week for 5-7 weeks. Once a week for rest of the season	15 min
Mandelbaum et al. (2005)	Prospective non-randomized cohort	II	Soccer	207 teams (control) 97 teams (intervention)	14-18 yr (range)	Basic warm-up, stretching, strengthening, plyometrics,	20 minutes	2-3 times per week in in-season	40-60 min

						and agility			
Olsen et al. (2005)	Prospective cluster randomized controlled	I	Handball	59 teams(control) 61 teams (intervention)	16-17 yr	Warm-up, technique, balance, strength and power	15-20 minutes	15 consecutive sessions. Once a week for rest of the season	15-20 min
Petersen et al. (2005) ^c	Prospective matched cohort	II	Handball	10 teams(control) 10 teams (intervention)	C:19.8 I: 19.4 yr	Education, balance-board exercise, jump training	10 minutes	3 times per week in pre-season. Once per week for rest of the season	10 min
Pfeiffer et al. (2006)	Prospective non-randomized cohort	II	Soccer Volleyball Basketball	69 teams(control) 43 teams (intervention)	14-18 yr (range)	Plyometrics	20 minutes	2 times per week in in-season	40 min
Steffen et al. (2008)	Prospective block randomized controlled	I	Soccer	51 teams (control) 58 teams (intervention)	15.4 yr	Core stability, balance, plyometrics	15 minutes	15 consecutive sessions. Once a week for rest of the season	15 min
Gilchrist et al. (2008)	Prospective cluster randomized controlled	I	Soccer	35 teams (control) 26 teams (intervention)	C:19.9 yr I: 19.9 yr	Basic warm-up, stretching, strengthening, plyometrics, and agility	20 minutes	3 times per week in in-season	60 min

Pasanen et al. (2008)	Prospective cluster randomized controlled	I	Floorball	14 teams (control) 14 teams (intervention)	24 yr	Running techniques, balance and body control, plyometrics, strengthening	20-30 minutes	2-3 times per week for pre-season (intensive training period) and once a week in in-season (maintenance period)	40-90 min
Kiani et al. (2010) ^d	Prospective cluster non-randomized cohort	II	Soccer	49 teams (control) 48 teams (intervention)	C: 15.0 I: 14.7 yr	Core strengthening, balance	20-25 minutes	2 days per week for 2 months. Once a week for rest of the season	20-25 min
LaBella et al. (2011)	Prospective cluster randomized controlled	I	Soccer Basketball	53 teams (control) 53 teams (intervention)	C: 16.2 I: 16.2 yr	Strengthening, plyometrics, balance, agility	20 minutes	3 times per week in pre- and in-season	60 min
Walden et al. (2012)	Prospective cluster randomized controlled	I	Soccer	109 teams (control) 121 teams (intervention)	C: 14.1 I: 14.0 yr	Core stability, balance, jump-landing with knee alignment feedback	15 minutes	2 times per week.	30 min

a. Although the study was a randomized controlled design, the follow-up rate was low (51.2%). Therefore, the level of evidence was rated as II.

b. For the analysis purpose, data from 1st year intervention year was only used.

c. Although there was no specific statement, the neuromuscular training indicated plyometric components.

d. Although there were jump-landing maneuvers, repeated stretch-shortening cycle were not employed in the training.

e. The NMT was performed only during a pre-season. N/A stands for Not Applicable.

f. Unless otherwise indicated.

“C” stands for control group. “I” stands for Intervention group.