

**Additional file 1.** Details of the running warm-up programme and *Knee Control* injury prevention exercise programme (IPEP) used in the intervention group

Exercise	Instructions	Sets repetitions/ duration
<b>Running exercises</b>	Course consists of 6-10 pairs of parallel cones, approximately 10 m wide and 20 m long. To be performed before each training session and match. Ensure good hip-knee-foot alignment during the running exercises	5 min
Running	Straight ahead	
Sideways jumps	With bent knees and low center of gravity	
Running	Slalom, with change of direction	
Sideways jumps	Jump with body contact; shoulder to shoulder	
Running	Alternate forwards and backwards running, with decelerations and accelerations	

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**One legged knee squat**      **Slow movement with smooth turn, stable hip with horizontal pelvic position and non-supporting foot in front of the body with slightly flexed hip and knee. Knee flexion in alignment with the foot.**

Level A      Hands on hips      3×8-15 reps



Level B      Hold a stick      3×8-15 reps



Level C      Dribble in front of you      3×8-15 reps



Level D      Pass the ball against the court      3×8-15 reps



Partner exercise      Both teammates stand on one leg with backs against each other. Hand over the floorball in different directions      3×8-15 reps



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<b>Pelvic lift</b>	<b>Supine position; lift the pelvis from ground to neutral position while keeping the back straight</b>	
Level A	Both feet on the ground and hands across the chest	3×8-15 reps
Level B	Feet on a bench and hands across the chest	3×8-15 reps
Level C	One foot on the ground and the contralateral leg fixed straight, arms on the ground alongside the body. Lift the pelvis and abduct the straight leg	3×8-15 reps
Partner exercise	Supine position with feet towards each other. One foot on the ground and contralateral foot against the teammates foot	3×8-15 reps

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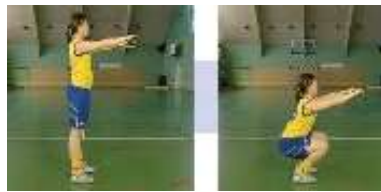
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**Two legged knee squat**      **Slow movement with smooth turn, back straight, and feet shoulder-width apart, pointing forwards and with soles in contact with the ground. The trunk should be upright.**

Level A      Hands on hips      3×8-15 reps



Level B      Hold stick in front of the body with straight arms      3×8-15 reps



Level C      Hold stick over the head with straight arms      3×8-15 reps



Level D      Same as level C but continue movement and rise up on the toes after returning to the starting position and stay in the elevated position briefly



Partner exercise      Teammate stands in front of you, facing towards you. Hold two sticks, one in each hand      3×8-15 reps



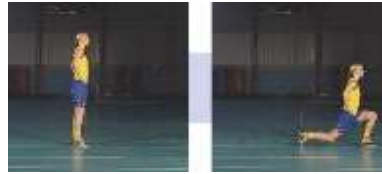
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The bench	<b>Lift body and keep it in a straight line. Elbows placed beneath the shoulders with 90° flexion of the shoulders and elbows</b>	
Level A	Prone position; support on knees and on lower arms with elbows kept beneath the shoulders	15-30 s
Level B	Same as level A but with support on the tip of the feet	15-30 s
Level C	Same as level B, but raise one foot at a time up and down; alternate sides	15-30 s
Level D	Lie sideways with support on the foot and lower arm with the elbow beneath the shoulder and the other hand on the hip; lift the hip off the ground, stay briefly in that position with good control, slowly return to the starting position.	5-10 reps
Partner exercise	Same as level A but teammate face to face. Pass a floorball with the hand	15-30 s

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**The lunge**                      **Take a deep step forwards with a marked knee lift and soft landing; the rear knee should not touch the ground. Keep good knee-over-foot alignment. Trunk control maintained with minimum lateral movement and stable hips. Foot placed pointing forwards**

Level A                      Hands on the hips; move forwards with each step                      3×8-15 reps



Level B                      Hold the stick in front of the body; move forwards with each step                      3×8-15 reps



Level C                      Same as level B but continue the movement and rise up on the toes between each lunge                      3×8-15 reps



Level D                      Same as level B, rotate the upper body while stepping forwards and position the stick laterally to the front leg; move forwards with each step and alternate sides                      3×8-15 reps



Partner exercise                      Teammate stands in front of you 5 m away; pass the floorball, perform a forward lunge, and receive a pass back                      3×8-15 reps



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**Jump/landing**

**Jump with a controlled and soft landing; stay briefly in the landing position. Keep good knee-over-foot alignment. Trunk control maintained with minimal motion. Knee control maintained with minimal wobble sideways.**

Level A

Stand on one leg with the knee slightly bent and hands on the hips; make a short forward jump and land on the same foot; then jump backwards to the starting position

3×8-15 reps



Level B

Stand on both feet shoulder-width apart and hold a stick; make two forward jumps and land on one foot after the third jump with a controlled and soft landing; alternate sides

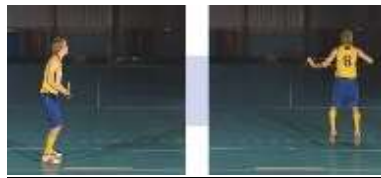
3×8-15 reps



Level C

Same as level B but rotate the body 90° before landing on one leg, alternate sides

3×5 reps



Level D

Sideways jump on one foot and dribble with a ball and stick in front of you

3×5 reps



Partner exercise

Teammate stands in front of you approximately 5 m away; make sideways jump on one foot and pass the floorball to your teammate. Jump back to the starting position and receive a pass back

3×8-15 reps

