

Additional file 2. Coach surveys, selected parts relevant to this study

Baseline coach survey

Sex

Male

Female

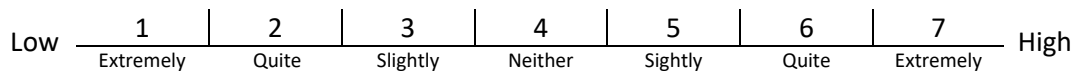
How long have you been coaching a floorball team?

Since _____ (year)

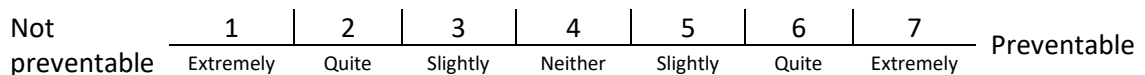
Questions about injury risks in floorball and the *Knee Control Program*

(circle the number, 1-7, that best matches your opinion)

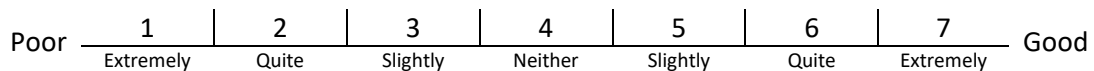
What is your opinion about the overall injury risk in floorball?



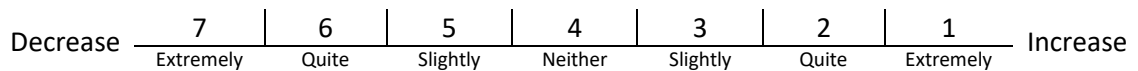
In general, how preventable do you think floorball injuries are?



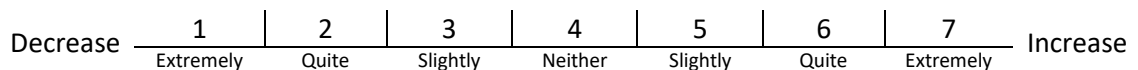
My knowledge about preventing injuries in floorball is...



In your opinion, what would happen to a floorball player's overall risk of injury if he/she participated in injury prevention training?



What do you think would happen to a floorball player's performance if he/she did injury prevention training regularly?



Post season coach survey

When, during the floorball training, did you use the *Knee Control* programme?

- Before training session
- Beginning of training session
- During training session
- After training session
- It varied

How often did you use the different exercises in the programme? (tick the table, one answer per exercise)

	Never	Rarely	Mostly	Always
Running warm-up				
One legged knee squat				
Pelvic lift				
Two legged knee squat				
The bench				
The lunge				
Jump/landing				

Each main exercise is available in five different variants at different levels of difficulty. How did you use the programme at training?

- We used the same exercise variant at each training session
- We selected different exercise variants across the season for variation
- We have chosen more difficult exercise variants over time
- We adapted exercise variants for the individual player
- We did like this:

What exercise variants did you use most often? (mark with one or more crosses)

	Level A	Level B	Level C	Level D	Partner exercise
One legged knee squat					
Pelvic lift					
Two legged knee squat					
The bench					
The lunge					
Jump/landing					

How many rounds (sets) did you practice the same exercise? _____ rounds

How much time did you spend on the *Knee Control* programme during a training session?
_____ min