

**Additional file 3.** Coach reported use of the running warm-up and each *Knee Control* exercise in the high and low compliance groups, from post-season survey.

| <i>Knee Control</i> exercise                                    | Never or rarely<br>n (%) | Mostly or<br>always n (%) | Progression<br>level <sup>a</sup> |
|---|--------------------------|---------------------------|-----------------------------------|
| Running warm-up<br>- Low compliance<br>- High compliance        | 1 (25)<br>1 (6)          | 3 (75)<br>16 (94)         | n.a.<br>n.a.                      |
| One legged knee squat<br>- Low compliance<br>- High compliance  | 3 (75)<br>1 (6)          | 1 (25)<br>16 (94)         | A<br>B                            |
| Pelvic lift<br>- Low compliance<br>- High compliance            | 2 (50)<br>3 (18)         | 2 (50)<br>14 (82)         | A<br>C                            |
| Two legged knee squat<br>- Low compliance<br>- High compliance  | 2 (50)<br>0              | 2 (50)<br>17 (100)        | A<br>C                            |
| The bench<br>- Low compliance<br>- High compliance              | 1 (25)<br>1 (6)          | 3 (75)<br>16 (94)         | A/B<br>B                          |
| The lunge<br>- Low compliance<br>- High compliance              | 1 (25)<br>1 (6)          | 3 (75)<br>16 (94)         | A/B<br>B                          |
| Jump/landing technique<br>- Low compliance<br>- High compliance | 3 (75)<br>3 (18)         | 1 (25)<br>14 (82)         | A<br>B                            |

High compliance (n=23) 80-100% of *Knee Control* use, low compliance (n=7)<sup>b</sup> <80% use

Response options were fixed: never/rarely/mostly/always

Most reported progression level among teams in each compliance group, A easiest – D most advanced

N.a. not applicable

<sup>a</sup>Missing for 2 teams in the high compliance group

<sup>b</sup>Missing for 1 team in the low compliance group