Inte	ervention group players								
1	Were the players	well awa	are of the programme?						
			Yes, all players	More than half of the players	Less than half of the players	None of the players			
2	Was the load mai	nagemen	t programme used as inte	ended? (Minimum one hour p	rior to each training				
			Yes, every week	No, every other week	No, once per month	Was not used at all			
3	How much time v	weekly di	d you spend on the overa	ll load management					
			No time	<5 Minutes	10 Minutes	20 Minutes	30 Minutes	45 Minutes	1 Hour or more
4	Load managemer reduce overuse in		Fully agree	Agree	Not sure	Disagree	Totally disagree		
5	Load managemer	nt can inc	rease performance						
			Fully agree	Agree	Not sure	Disagree	Totally disagree		
6	Which of the follo	owing aff	ects your motivation to fo	ollow the programme? (You c	an select multiple				
			at the programme can njury and illness	Belief that the programme can increase performance	Sense of duty	Coach expectation	Medical staff expectation	Automatic reminder notifications	Other
7	Did you observe a	an effect	using the load manageme	ent programme on injuries					
			Yes, we had fewer injuries and or illnesses	No		No, we had n and or illness	•	Don't know	
8	Did you observe a		using the overall load ma	nagement programme on					
			Yes, we had an improvement in performance	No		No, we had a performance		Don't know	

9	How much do you agree statements?	with the following				
а	Load management can re	duce injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
b	Load management can re	duce overuse injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
С	Load management can re	duce illnesses				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
10	How much at risk are foo	tballers to injuries?				
		High risk	Somewhat risk	Low risk	No risk	
11	How much at risk are foo injuries?	tballers to overuse				
		High risk	Somewhat risk	Low risk	No risk	
12	How much at risk are foo	tballers to illnesses?				
		High risk	Somewhat risk	Low risk	No risk	
13	Of these alternatives, wh footballers?	at is most associated with	n injuries overall among			
		Too little training	Too much training	Poor load management	Other	
14	Of these alternatives, wh footballers?	at is most associated with	overuse injuries among			
		Too little training	Too much training	Poor load management	Other	
15	Of these alternatives, wh	at is most associated with	illnesses among footballers?			
		Too little training	Too much training	Poor load management	Other	

Not

с	Scientific backing for its pro	Very important eventive effect on injury	Important	Neutral	Not very important	important at all
d		Very important	Important	Neutral	Not very important	Not important at all
_	production participation in pro-	punding and an punding				Not
e	Are you planning to use an too?	Very important overall load managemen	Important It programme next season	Neutral	Not very important	important at all
		Yes, definitively		Yes, but in a less challenging way than this year	No	Don't know
Cont	rol group players					
1	Are you familiar with the S	ession Rating Of Percieve	d Exertion (sRPE) concept?			
		Yes	No	Don't know		
2	Did your club use any load season?	monitoring measures dur	ring the course of this			
		Yes	No	Don't know		
3	How much do you agree wistatements?	ith the following				
a	Load management can red	uce injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
b	Load management can red	uce overuse injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
С	Load management can red	uce illnesses				
		Fully agree	Agree	Not sure	Disagree	Totally disagree

4	How much at risk are foot	tballers to injuries?				
		High risk	Somewhat risk	Low risk	No risk	
5	How much at risk are foot injuries?	tballers to overuse				
		High risk	Somewhat risk	Low risk	No risk	
6	How much at risk are foo	thallers to illnesses?				
Ü	now madratrisk are root	High risk	Somewhat risk	Low risk	No risk	
7	Of these alternatives, who footballers?	at is most associated with	n injuries overall among			
		Too little training	Too much training	Poor load management	Other	
8	Of these alternatives, who	at is most associated with	n overuse injuries among			
		Too little training	Too much training	Poor load management	Other	
9	Of these alternatives when	at is wast associated with	n illnesses among footballers?			
3	Of these afternatives, who	Too little training	Too much training	Poor load management	Other	
10	How large are the injury a to professional football?	and illness problems in eli	ite youth football compared			
		Much lower	Lower	Same	Higher	Much higher
11	How much do you agree v	with the following				
a	My team should have mo sessions	re footballing training				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
b	My team should have few sessions	ver footballing training				Totally
		Fully agree	Agree	Not sure	Disagree	Totally disagree

С	My team should play more	e matches						
		Fully agree	Agree	Not sure	Disagree	Totally disagree		
d	My team should play fewer	er maches						
		Fully agree	Agree	Not sure	Disagree	Totally disagree		
11	If a load management pro	gramme could reduce inj	uries and illnesses - How muc	h time are you willing to				
	spend on it weekly.	Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes	
12	If a load management pro spend on it weekly?	gramme could increase f	ootball performance - How m	uch time are you willing to				
	openia on it incomy.	Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes	
13	How imporant are the foll load management?	owign reasons for your n	notivation to spend time on					
а	Demanded by the coach							
		Very important	Important	Neutral	Not important	Negligible		
b	Coach is positive towards	it						
		Very important	Important	Neutral	Not important	Negligible		
С	Scientific backing for its pa and illness	reventive effect on injury	,					
		Very important	Important	Neutral	Not important	Negligible		
d	Scientific backing for its p	reventive effect on perfo	rmance enhancment					
		Very important	Important	Neutral	Not important	Negligible		
14	Are you planning to use a	n overall load manageme	ent programme next season?					
		Yes, definitively		Yes, but in a less challeng this year	ging way than	No		Don't know

Intervention group coaches

1	programme?	ell well aware of the trair	ling load management				
	Head coach						
		Yes	No	Don't know			
	Sports medicine staff						
		Yes	No	Don't know			
	Other coaching staff						
		Yes	No	Don't know			
2	Are the players well awa	re of the training load ma	nagement programme?				
			More than half of the	Less than half of the	No, none of		
		Yes, all players	players	players	the players		
3	Was the programme used training week)	d as prescribed? (Minimu	m one time before each				
		Yes, every week	No, every other week	No, once per month	Was not used at all		
4	Which of the players have training data?	e recorded all their					
		All	Those with previous overuse problems	Those with existing overuse problems	The most abitious ones	None	Don't know
5	Do you believe that a loa	d managment programm	e can reduce injuries and/or				
		Fully agree	Agree	Not sure	Disagree	Totally disagree	
6	Do you believe that a load performance?	d managment programm	e can increase team				
		Fully agree	Agree	Not sure	Disagree	Totally disagree	
7	How is the general attitute groups in your club?	te towards injury prevent	ive measures in the following				
а	Coaching staff						

b	Sports medicine staff	Very positive	Positive	Neutral	Negative	Very negative		
		Very positive	Positive	Neutral	Negative	Very negative		
С	Players	Very positive	Positive	Neutral	Negative	Very negative		
d	Other stakeholders	Very positive	Positive	Neutral	Negative	Very negative		
8	How much time per week	did you spend on the load	d management programme?					
		No time	<5 Minutes	10 Minutes	20 Minutes	30 Minutes	45 Minutes	1 Hour or more
9	Did you observe an effect and illnesses?		ent programme on injuries					
		Yes, we had fewer injuries and or illnesses	No		No, we had r and or illness	•	Don't know	
10	Did you observe an effect the teams performance?	-	nagement programme on					
		Yes, we had an improvement in performance	No		No, we had a performance	reduction in	Don't know	
11	How much do you agree w statements?	vith the following						
a	Load management can rec	luce injuries						
		Fully agree	Agree	Not sure	Disagree	Totally disagree		
b	Load management can rec	luce overuse injuries						
		Fully agree	Agree	Not sure	Disagree	Totally disagree		
С	Load management can rec	luce illnesses						
		Fully agree	Agree	Not sure	Disagree	Totally disagree		

12 How much at risk are footballers to injuries?

		High risk	Somewhat risk	Low risk	No risk		
13	How much at risk are foot injuries?	ballers to overuse					
		High risk	Somewhat risk	Low risk	No risk		
14	How much at risk are foot	ballers to illnesses?					
		High risk	Somewhat risk	Low risk	No risk		
15	Of these alternatives, wha footballers?	t is most associated with	injuries overall among				
		Too little training	Too much training	Poor load management	Other		
15	Of these alternatives, wha footballers?	t is most associated with	overuse injuries among				
		Too little training	Too much training	Poor load management	Other		
17	Of these alternatives, wha	t is most associated with	illnesses among footballers?				
		Too little training	Too much training	Poor load management	Other		
18	How large are the injury a to professional football?	nd illness problems in elit	e youth football compared				
		Much lower	Lower	Same	Higher	Much higher	
19	Did you employ other inju season	ry preventive measures d	uring the course of the				
		Yes	No	Don't know			
20	If a load management prop spend on it weekly?	gramme could reduce inju	iries and illnesses - How much	time are you willing to			
		Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes

21	If a load management programme could increase football performance - How much time are you willing to spend on it weekly?							
		Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes	
22	How imporant are the fol load management?	lowing reasons for your n	notivation to spend time on					
а	Easy and intuitive softwar	re						
b	Can be controlled by an a	Very important	Important	Neutral	Not very important	Not important at all		
D	can be controlled by an a	Very important	Important	Neutral	Not very important	Not important at all		
С	That you are given proper	r training in theory and in	practical use of the system					
d		Very important ness coach is given traini	Important ng in theory and use of the	Neutral	Not very important	Not important at all		
e	system That the club recieves reg	Very important	Important	Neutral	Not very important	Not important at all		
	mat the club recieves reg	ular rollow up in theory a	and the use of the system			Not		
f	That it takes a short amo	Very important	Important	Neutral	Not very important	important at all		
	rnat it takes a Snort amou	Very important	Important	Neutral	Not very important	Not important at all		
g	That the players are moti-	vated to answer						
h	Players are positive towa	Very important	Important	Neutral	Not very important	Not important at all		
	. , p					Not		
i	That other clubs are using	Very important	Important	Neutral	Not very important	important at all		

j	Scientific backing for its p	Very important reventive effect on injury	Important	Neutral	Not very important	Not important at all			
le.		Very important	Important	Neutral	Not very important	Not important at all			
k	Scientific backing for its p	reventive effect on perfo	rmance enhancment			Not			
I	Demanded by the footbal	Very important ling authority	Important	Neutral	Not very important	important at all			
		Very important	Important	Neutral	Not very important	Not important at all			
23	Are you planning to use a	similar load managemen	t programme next season?						
23	Are you planning to use a	Yes, definitively	t programme next season.	Yes, but in a less challeng this year	ging way than	No		Don't know	
24	What is your highest qual	ification? (Multiple answ	ers are possible)						
	No education	Sports studies foundation	Bachelor sports science	Masters sports science	UEFA C- license	UEFA B- license	UEFA A-license	Sports medicine relevant foundation studies	Sports medicine relevant bachelor
25	How many years experien have?	ce as a coach do you							
	0-2 years	2-4 years	4-6 years	6-8 years	10-12 years	12-14 years	More than 14 years		
Con	trol group coaches								
1	Do you believe that a load illnesses?	l managment programme	e can reduce injuries and/or						
		Fully agree	Agree	Not sure	Disagree	Totally disagree			

2	Do you believe that a loa performance?	d managment programme	e can increase team			
		Fully agree	Agree	Not sure	Disagree	Totally disagree
3	How much do you agree statements?	with the following				
a	Load management can re	educe injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
b	Load management can re	duce overuse injuries				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
С	Load management can re	duce illnesses				
		Fully agree	Agree	Not sure	Disagree	Totally disagree
4	How much at risk are foo	tballers to injuries?				
		High risk	Somewhat risk	Low risk	No risk	
5	How much at risk are foo injuries?	tballers to overuse				
		High risk	Somewhat risk	Low risk	No risk	
6	How much at risk are foo	tballers to illnesses?				
		High risk	Somewhat risk	Low risk	No risk	
7	Of these alternatives, wh footballers?	at is most associated with	n injuries overall among			
		Too little training	Too much training	Poor load management	Other	
8	Of these alternatives, wh footballers?	at is most associated with	n overuse injuries among			
		Too little training	Too much training	Poor load management	Other	
9	Of these alternatives, wh	at is most associated with	n illnesses among footballers?			

		Too little training	Too much training	Poor load management	Other		
10		nd illness problems in elit	e youth football compared				
10	to professional football?	Much lower	Lower	Same	Higher	Much higher	
11	Did you employ other injuseason	ry preventive measures d	uring the course of the				
	season	Yes	No	Don't know			
12	If a load management propage on it weekly?	gramme could reduce inju	ries and illnesses - How much	time are you willing to			
		Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes
13	If a load management prop weekly?	gramme could increase fo	otball performance - How mu	ch time are you willing to	spend on it		
	weekly:	Not willing to spend any time	0-10 minutes	10-20 minutes	20-30 minutes	30-60 minutes	Over 60 minutes
14	How imporant are the follo	owing reasons for your m	otivation to spend time on				
а	Easy and intuitive software	e					
		Very important	Important	Neutral	Not very important	Not important at all	
b	Can be controlled by an ap	р					
		Very important	Important	Neutral	Not very important	Not important at all	
С	That you are given proper	training in theory and in p	oractical use of the system				
d	That the physio and or fitn	Very important less coach is given trainin	Important g in theory and use of the	Neutral	Not very important	Not important at all	
	system	Very important	Important	Neutral	Not very important	Not important at all	

е	That the club recieves regular follow up in theory and the use of the system						
f		Very important	Important	Neutral	Not very important	Not important at all	
'	That it takes a short amou	nt of time				Not	
g	That the players are motive	Very important ated to answer	Important	Neutral	Not very important	important at all	
						Not	
		Very important	Important	Neutral	Not very important	important at all	
h	Players are positive toward	ds load management					
		Very important	Important	Neutral	Not very important	Not important at all	
i	That other clubs are using	it					
j	Scientific backing for its pr	Very important eventive effect on injury	Important	Neutral	Not very important	Not important at all	
,	and illness					Not	
		Very important	Important	Neutral	Not very important	important at all	
k	Scientific backing for its preventive effect on performance enhancment						
		Very important	Important	Neutral	Not very important	Not important at all	
I	Demanded by the footballi	ing authority					
		Very important	Important	Neutral	Not very important	Not important at all	
15	Are you planning to use a s	similar load managemer	nt programme next season?				
		Yes, definitively		Yes, but in a less challenging way than this year		No	Don't know
16	What is your highest qualif	fication? (Multiple answ	rers are possible)				

	No education	Sports studies foundation	Bachelor sports science	Masters sports science	UEFA C- license	UEFA B- license	UEFA A-license	Sports medicine relevant foundation studies	Sports medicine relevant bachelor
17	How many years experience have?	ce as a coach do you							
	0-2 years	2-4 years	4-6 years	6-8 years	10-12 years	12-14 years	More than 14 years		