

Appendix 2. Consensus on principles and examples of exercises from workshop with sports medicine experts.

Principle	Example of exercises
All-round training for physical fitness	Balance, coordination, functional tasks, flexibility exercises, aerobic training
Movement technique lower extremities	Hip-knee-foot alignment during jumping/cutting/landing tasks
Movement technique upper extremities	Throw backwards, sideways to train external rotation and unload front muscles of shoulder
Muscle strength	Shoulders, legs, core
Self-control/choice (players)*	Players pick exercises they like from a bank of exercises
	Players pick the type of feedback they like and when they need it
	Players pick the equipment they like to use in practice
	Increased understanding of why to enhance positive expectancies
External focus of attention	Provide visual and verbal instructions and feedback to activate external focus of attention/implicit learning
Sport specificity/challenge	Pressure elements, e.g., "you have 10 seconds for..."
Load-management	Education about healthy loading and importance of rest

*Self-determination theory (SDT)