**Table S1.** *Study characteristics of included studies (alphabetical order)*

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| **Author (Year)****Design****Country** | **Population (Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs**  | **N** | **Sex** | **Age in yrs** |
| **General** |
| *Chelly (2010)*Canada | Football (AM) | 12 | ♀ | 19 ± 0.7 | 11 | ♀ | 19 ± 0.7 | *Lower Limb Plyometric Training*[8-wk./2 x wk./ 30min.] | Followed their normal training routine. |
| *Filipa (2010)**USA* | Football(AM) | 13 | ♂ | 15.4 ± 1.5 | 13 | ♂ | 14.7 ± 0.8 | *Neuromuscular Program*[8-wk./ 2 x wk./ ~ 45min.] | Followed their normal training routine. |
| Hermassi (2017)*Germany* | Handball(AM) | 12 | ♀ | 18.9 ± 0.2 | 10 | ♀ | 18.9 ± 0.6 | *Strength Training Program* [10-wk./ 2 x wk./ ~ 20min.] | Followed their normal training routine. |
| *Hoshikawa (2013)**Japan* | Football (AM) | 16 | ♀ | 12.3 – 13.1 | 12 | ♀ | 12.3 – 13.1 | *Stabilization Training Program* [6-mo./ 4 x wk.] | Soccer training 5 days per wk. (2 hours) with one game on the weekend. |
| *Kang (2013)*South Korea | Weightlifting(AM) | 16 | ♀ | 15.5 | 16 | ♀ | 15.5 | *Balance Training Program*[8-wk.] | N/R |
| *Lindblom (2012)* Sweden | Soccer (AM) | 23 | ♂ | 14.2 ± 0.7  | 18 | ♂ | 14.2 ± 1.1 | *Neuromuscular Warm-Up Program* [11-wk./2 x wk. /15min] | Used standardized warm-up. |
| *Prieske**(2014)*Germany | Football(E) | 19 | ♀ | 16.6 ± 1 | 20 | ♀ | 16.6 ± 1.1 | *Core Strengthening Training Program* [9-wk./ 2-3 x wk.] | Same exercises on a stable surface. |
| *Ramirez- Campillo (2014)**Spain* | Running(AM) | 17 | ♀ 9♂ 8 | N/R | 15 | ♀10♂ 5 | N/R | *Explosive Strength Training* [6-wk./ 2 x wk./ 30min.]  | Kept their usual volume of running endurance training. |
| *Ramos Velez (2014)**Spain* | Waterpolo(E) | 16 | ♀ | 20.43 ± 5.09 | 11 | ♀ | 20.43 ± 5.09 | *Strength and High Intensity Program* [18-wk./ 2 x wk./ 30-45min.] | Followed their normal water training routine. |
| *Zech (2014)* Germany | Field hockey (AM) | 15 | ♀ | 15.7 ± 3.9 | 15 | ♀ | 14.1 ± 1.4 | *Neuromuscular Warm-Up Program*[10-wk./2 x wk./ 20min.]  | Followed their normal training routine. |
| Zouita (2016)Tunisia | Football(E) | 26 | ♀ | 13 – 14  | 26 | ♀ | 13 – 14  | *Strength training* [12-wk./ 3 x wk./ 90min.] | Followed their normal training routine. |
| **Mixed** |
| *Baeza (2017)**Chile* | Football(AM) | 11 | ♀ | 13.45 ± 0.7 | 11 | ♀ | 13.36 ± 0.5 | *FIFA 11+*[6-wk./3 x wk./20min.] | Normal routine: running exercises, stretching and joint movement.[6-wk./3 x wk./20min.] |
| *Daneshjoo (2013)**Malaysia* | Football(E) | 12 | ♀ | 18.9 ± 1.4 | 12 | ♀ | 18.9 ± 1.4 | *FIFA 11+*[8-wk./24 SE] | Followed their normal training routine. |
| 12 | ♀ | 18.9 ± 1.4 | *Harmoknee* [8-wk./24 SE] |
| *Kilding (2008)* New Zealand | Football (AM) | 12 | ♀ | 10.4 ± 1.4 | 12 | ♀ | 10.4 ± 1.4 | *FIFA 11* [6-wk./5 x wk./ 15min.] | Followed their normal training routine. |

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| **Author (Year)****Design****Country** | **Population (Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs**  | **N** | **Sex** | **Age in yrs** |
| **Mixed** |
| *Ondra (2017)**Czech Republic* | Basketball(AM) | 10 | ♀ | 17.3 ± 1.3 | 11 | ♀ | 16.5 ± 1.8 | *Neuromuscular Training* Program [20-wk./3 x wk./20min.] | Followed their normal training routine. |
| *Rubley (2011)**USA* | Football (AM) | 10 | ♂ | 13.4 ± 0.5 | 6 | ♂ | 13.4 ± 0.5 | *Plyometric Training* [14-wk./ 2-3 x wk.] | Followed their normal in season soccer training routine.  |
| *Steffen (2008)* Norway | Football (AM) | 18 | ♂ | 17.1 ± 0.8 | 16 | ♂ | 17.1 ± 0.8 | *F-MARC 11*[10-wk./3 x wk. / 15min.] | Followed their normal training routine. |
| *Steffen (2013)* Norway | Football (AM) | 78 | ♂ | 13 – 18 | 80 | ♂ | 13 – 18 | *FIFA 11+* [pS (2 mo.)/ 2-3 x wk./ 20 min.] | Coaches provided with online access to training program, no expert intervention. |
| *Vescovi & VanHeest (2009)* Canada | Football (AM) | 16 | ♂ | 15.7 ± 1.2 | 15 | ♂ | 16.8 ± 0.4 | *PEP Program*[12 wk./3 x wk./15min.] | Followed their normal training routine. |
| **Sports Specific** |
| *Asadi (2015)**Iran* | Basketball(AM) | 8 | ♀ | 20.1 ± 0.8 | 8 | ♀ | 20.5 ± 0.3 | *Plyometric program* [6-wk./ 2 x wk./ 60min.]  | Followed their normal basketball training routine. |
| *Fachina (2017)*Brazil | Basketball(AM) | 18 | ♀ | 15.2 ± 2.7 | 21 | ♀ | 16.4 ± 2.6 | *Plyometric Training* [8-wk./ 3 x wk. ~60min.] | Followed their normal training routine. |
| *Hermassi (2015)*Tunisia | Handball(E) | 12 | ♀ | 18.7 ± 0.5 | 10 | ♀ | 18.4 ± 0.5 | *In-Season Resistance Training* [8-wk./ 3 x wk.]  | Did not take part in any supplementary training. |
| 12  | ♀ | 18.5 ± 0.5 | *In-Season Resistance Training (Resistance Throwing)*[8-wk./ 3 x wk.] |
| *Jakeman (2016)**United Kingdom* | Hockey (E) | 7 | ♂ | 18 – 26  | 7 | ♂ | 18 – 26 | *High Intensity Training* [4-wk./ 2 x wk.] | Followed their normal training routine. |
| *Julien (2008)*France | Football(E) | 8 | ♀ | 19.9 ± 3.4 | 9 | ♀ | 18.9 ± 1.7 | *Co-ordination training* [3-wk./ 5 x wk.] | The reference group performed technical work. |
| 9 | ♀ | 18.4 ± 1.6 |
| *Mascarin (2017)**Brazil* | Handball(AM) | 8 | ♂ | 15.3 ± 0.9 | 7 | ♂ | 15.9 ± 1.2 | *Strength Training Program*[6-wk./3 x wk./ 30min] | Followed their normal training routine. |
| *Niederbracht (2013)**USA* | Tennis(AM) | 6 | ♂ | 20 ± 1.8 | 6 | ♂ | 18.8 ± 0.8 | *Strength Training Program*[5-wk./4 x wk.] | Followed their normal preseason tennis routine. |
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| *Romero Franco* *(2012)* Spain | Track sprinting (AM) | 16 | ♀ |  22.5 ± 5.12  | 17 | ♀ | 21.18 ± 4.47  | *Proprioceptive Training Program* [6-wk. /3 x wk./30min.] | Followed their normal training routine. |
| *Saraswat (2015)**India* | Basketball(AM)  | 15 | ♀ | 16.3 ± 0.6 | 15 | ♀ | 16.6 ± 0.6 | *Dynamic Balance Program* [4-wk.] | Conventional exercises |

Level\*\*: **P**, professional/elite/highest level; **AM**, amateur

**BB**, basketball; **CCT**, controlled trail; **d**, days; **min.**, minutes; **mo.**, months; **N/D**, not described**;** **reps**, repetitions; **S**, season; **SE**, session(s); **VB**, volleyball; **wk.**, weeks; **yrs.**, years.

Values presented as mean ± standard deviation if not otherwise stated.