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**Supplementary file 4.** Moderator variables coded.

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**General study descriptors\***

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- Authors.
- Year of the study.
- Country.
- Study design (randomized control trial, non-randomized control trial).
- Reporting quality (CONSORT scale).
- Methodological quality (PEDro scale).
- Risk of bias (Cochrane Back and Neck Group scale).

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**Description of the study population\***

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- Sample size (*n*).
- Team sport.
- Number of teams.
- Group (intervention or control group).
- Level of play (amateur or elite).
- Sex (male, female or mixed).
- Age (mean  $\pm$  SD and/or 95%CI).

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**Characteristics of the intervention**

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- Length (weeks).\*
- Weekly frequency (days).\*
- Duration. The time (minutes) spent for completing the IPP in each session.\*
- Volume. The total number of training sessions in which IPP was delivered throughout the length of the intervention period.\*
- Equipment required (no or yes [indicating the type]).\*
- Who delivered the intervention (researcher, coach, or player).\*
- Type/s of primary movement patterns integrated into the IPP:
  - Upper body pushing and pulling. Exercises including pushing and pulling movements in the upper extremities (e.g., push-ups, Spiderman).
  - Lower body concentric and eccentric. Exercises including unilateral and bilateral, concentric and eccentric, movements in the lower extremities (e.g., Nordic hamstring, squats, lunges).
  - Core. Core stability, anti-rotation, and core bracing exercises (e.g., planks, side bridge, skater figure).
  - Mechanics. Change of direction, jumping and landing, and rebounding mechanics (e.g., double- and single-leg jumps, bounding, cutting maneuvers).
  - Acceleration. Running exercises at maximum speed, including deceleration and re-acceleration tasks (e.g., sprints, side shuffle exercise).
  - Lower body stability. Exercises with wobble boards or balance mats, body control or one-leg coordination (e.g., skater figure and cross-country skiing exercises).

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**Epidemiological descriptors\***

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- Injury definition.
  - Number of injuries (overall, lower extremity, thigh, knee and/or ankle).
  - Sport exposure (total hours of players exposure).
  - Injury incidence (injuries per 1000h of sport exposure).
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\* All of these variables are the same as those presented in the first network meta-analysis; therefore, this information is not reported in the current paper.