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Official URL: <https://doi.org/10.1080/07853890.2024.2337724>

DOI: <http://dx.doi.org/10.1080/07853890.2024.2337724>

EPrint URI: <https://eprints.glos.ac.uk/id/eprint/13797>

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

<b>General study descriptors*</b>
<ul style="list-style-type: none"><li>▪ Authors.</li><li>▪ Year of the study.</li><li>▪ Country.</li><li>▪ Study design (randomized control trial, non-randomized control trial).</li><li>▪ Reporting quality (CONSORT scale).</li><li>▪ Methodological quality (PEDro scale).</li><li>▪ Risk of bias (Cochrane Back and Neck Group scale).</li></ul>
<b>Description of the study population*</b>
<ul style="list-style-type: none"><li>▪ Sample size (<i>n</i>).</li><li>▪ Team sport.</li><li>▪ Number of teams.</li><li>▪ Group (intervention or control group).</li><li>▪ Level of play (amateur or elite).</li><li>▪ Sex (male, female or mixed).</li><li>▪ Age (mean <math>\pm</math> SD and/or 95%CI).</li></ul>
<b>Characteristics of the intervention</b>
<ul style="list-style-type: none"><li>▪ Length (weeks).*</li><li>▪ Weekly frequency (days).*</li><li>▪ Duration. The time (minutes) spent for completing the IPP in each session.*</li><li>▪ Volume. The total number of training sessions in which IPP was delivered throughout the length of the intervention period.*</li><li>▪ Equipment required (no or yes [indicating the type]).*</li><li>▪ Who delivered the intervention (researcher, coach, or player).*</li><li>▪ Type/s of primary movement patterns integrated into the IPP:<ul style="list-style-type: none"><li>▪ Upper body pushing and pulling. Exercises including pushing and pulling movements in the upper extremities (e.g., push-ups, Spiderman).</li><li>▪ Lower body concentric and eccentric. Exercises including unilateral and bilateral, concentric and eccentric, movements in the lower extremities (e.g., Nordic hamstring, squats, lunges).</li><li>▪ Core. Core stability, anti-rotation, and core bracing exercises (e.g., planks, side bridge, skater figure).</li><li>▪ Mechanics. Change of direction, jumping and landing, and rebounding mechanics (e.g., double- and single-leg jumps, bounding, cutting maneuvers).</li><li>▪ Acceleration. Running exercises at maximum speed, including deceleration and re-acceleration tasks (e.g., sprints, side shuffle exercise).</li><li>▪ 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).</li></ul></li></ul>
<b>Epidemiological descriptors*</b>

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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.