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Supplementary file 4. Moderator variables coded.

General study descriptors*
<ul style="list-style-type: none">▪ 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).
Description of the study population*
<ul style="list-style-type: none">▪ Sample size (<i>n</i>).▪ 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).
Characteristics of the intervention
<ul style="list-style-type: none">▪ 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:<ul style="list-style-type: none">▪ 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).
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.