

Supplementary Table 2: Risk of bias assessment of RCT studies investigating the effect of FIFA injury prevention programmes

Bias domain	FIFA 11		FIFA 11+			
	Steffen (2008)	van Beijsterveldt (2012)	Soligard (2008)	Owoeye (2014)	Hammes (2014)	Silvers-Granelli (2015)
Random sequence generation (selection bias)	Unclear	High	Unclear	Unclear	Unclear	Low
Allocation concealment (selection bias)	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Blinding of participants and researchers (performance bias)	High	High	High	High	High	High
Blinding of outcome assessment (detection bias)	High	High	High	High	High	High
Incomplete outcome data (attrition bias)	Low	Low	High	Low	High	High
Selective reporting (reporting bias)	Low	Low	Low	Low	Low	Unclear
Other bias	High	High	Low	High	High	High