

SUPPLEMENTARY FILE 2

Supplementary table Modified TIDieR				
	Item	Item explained	Examples	Criteria
1	Brief name/phrase	The coach education intervention is clearly referred to as an intervention via a phrase or name.	Workshop, seminar, practical day, online session. <i>NOT the IPP title i.e., FIFA 11+.</i>	Complete – very clear name/phrase for this. Incomplete – no clear name or phrase to distinguish the coach intervention, it is assumed.
2	Rationale, theory, goal of the intervention	Describe any rationale, theory, or goal of the elements essential to the intervention.	Theory of planned behaviour, HAPA model, workshop to upskill the coaches. <i>Why is the coach workshop being conducted?</i> <i>Why are you training the coaches?</i> <i>What is the anticipated outcome of training the coaches?</i>	Complete – clear reason for workshop, rationale is provided, prior publications cited. Incomplete – no reason given; reason is unclear.
3	Materials provided to the attendees	Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers. Provide information on where the materials can be accessed (e.g., online appendix, URL).	Booklet, cue cards, PDF, videos	Complete – clearly and fully described – what form the resources took and the topics covered, or specifically named external resources which are easily found (e.g., 11+ resources). Incomplete – missing detail e.g., DVD provided but not clear what was on the DVD, resources stated as being provided but no further information.
4	Procedures, activities, processes	Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.	Presentation of injury info, efficacy, practical demo, coaching peers etc. <i>What happened during the workshop? If duration given, what happened in that time?</i> <i>Step-by-step account.</i>	Complete – workshop structure easily replicable. Incomplete – no information given as to content (i.e., “There was theory and practical sessions”), or broad overview that is lacking sufficient detail to replicate.
5	Who facilitated the course?	intervention provider (e.g., psychologist,	RFU community officers, lead author.	Complete – explicitly stated who facilitated

	nursing assistant), did the authors describe their expertise, background, and any specific training given.	<i>Who ran the course? What were their credentials, qualifications?</i>	<p>the course and what their qualifications/background is (satisfied if occupation of facilitator is provided). “Research team” is categorised as complete if the specific member of the research team is named and information on these are provided elsewhere.</p> <p>Incomplete – not reported who facilitated (no information at all) or some detail given but not specific (i.e., research team)</p>
6	<p>Group or individual? Mode of training?</p> <p>Describe the modes of delivery (e.g., face-to-face or by some other mechanism, such as Internet or telephone) of the intervention and whether it was provided individually or in a group.</p> <p>A. Is it reported if it was online or in person? B. Did the coach education intervention occur individually or within a group setting?</p>	<p>Workshops were held regionally, or the research team provided training in each school/club (individual).</p>	<p>A. Complete – clearly stated it was in-person or online, or other clearly stated mode (e.g., over telephone) OR assumption can be made as to the mode of delivery based on other details provided in the manuscript (i.e., setting is reported).</p> <p>Incomplete – it is not clear, or not enough detail reported in manuscript to make assumptions about mode of delivery (i.e., no setting described).</p> <p>B. Complete – clearly stated that the intervention was directed at a group (i.e., collection of clusters/teams/schools) or with-in cluster intervention.</p> <p>Incomplete - not clear, assumptions are required, unreported.</p>

7	Where did the workshop occur?	Describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features.	Each school's gym, at each club.	Complete – the location of the intervention is clearly presented. The building/institution/facility it was held in will suffice. Incomplete – the location is not clearly presented, or not reported.
8	When and how much?	Describe the number of times the intervention was delivered and over what period including the number of sessions; their schedule; and their duration, intensity, or dose: A. When did the workshop happen (what part of the season) B. Was it one workshop or how many?	Pre-season in July, one workshop	A. Complete – no doubts when it occurred, and no need for assumptions based off other data collection points. Incomplete – not reported or unclear, assumptions are necessary. B. Complete – no doubts if there was more than one, or just one. Incomplete – not reported or unclear.
9	Tailoring	If the intervention was planned to be personalized, titrated, or adapted, then describe what, why, when, and how. This refers to the primary coach education intervention and not to the follow-up or fidelity checks.	"We changed it based on age grade of players". <i>Was each workshop tailored to each school/club?</i>	Complete – explicitly stated if the workshop content was/was not tailored to each school/club/cluster. Incomplete – not reported at all if any change occurred or was considered. n/a - only ever one workshop.
10	Modifications	If the intervention was modified during the study, describe the changes (what, why, when, and how). This refers to the primary coach education intervention	"After 2 workshops element X was removed", or the duration was extended to 90 minutes. <i>Did any modifications occur to the workshop during the study period? Or how it was delivered?</i>	Complete – the workshop delivery or content was altered for at some point or referenced if intended to but wasn't needed. Incomplete – not reported if any change

		and not to the follow-up or fidelity checks.	<i>If the study covered two seasons or more – did the workshop change?</i>	occurred/or considered. <i>Studies whereby one workshop ONLY ever occurred:</i> <i>n/a - will be applied if study ran for one season and only one workshop ever occurred.</i>
11	Planned follow-up for adherence and fidelity assessment of coaching of IPP	Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.	Weekly check-ups for 2 weeks. <i>What happened after the workshop to help coaches? Clearly described how fidelity was checked.</i> <i>Adherence to: coaches acting as delivery agents of the IPP. Did they deliver as intended i.e., 3 x weekly?</i>	Complete – clearly described - obvious follow-up, scheduled visits/calls. Incomplete – no follow-up at all to see how coaches were getting on, or some interaction but about what? <i>n/a - No implementation period following workshop as per study design.</i>
12	How was the intervention actually assessed (coaching of IPP)?	Actual: If intervention adherence or fidelity was assessed, is there a description as to the extent to which the intervention was delivered as planned.	Weekly logs, subjective recall, every session was supervised by a research assistant. <i>What measures/data were collected to assess the coach's adherence? Authors should describe the extent to which the delivered intervention varied from the intended intervention.</i> <i>Adherence to: coaches acting as delivery agents of the IPP. Did they deliver as intended i.e., 3 x weekly?</i>	Complete – definite measures planned and used to assess fidelity of coach or team - observations of fidelity by RA (planned or covert, self-report compliance by coaches), fidelity data presented. Incomplete – no reporting of measures to assess effectiveness of implementation or plans to but data not actually presented. <i>n/a - No implementation period following workshop as per study design.</i>
Total				Complete: Incomplete: N/a:

IPP, injury prevention programme; HAPA, Health Action Process Approach; N/a, not applicable

