

**Table E1. Average number of KLIP training sessions, by sport**

| <b>Sport</b> |                  | <b>Average Total<br/>KLIP sessions per<br/>player<sup>1</sup></b> | <b>Average Total<br/>KLIP sessions<br/>per team<sup>2</sup></b> |
|--------------|------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|
|              |                  |                                                                   |                                                                 |
| Basketball   | Mean             | 18                                                                | 124                                                             |
|              | <i>Std. Dev.</i> | 7                                                                 | 47                                                              |
| Soccer       | Mean             | 23                                                                | 154                                                             |
|              | <i>Std. Dev.</i> | 7                                                                 | 40                                                              |
| Volleyball   | Mean             | 22                                                                | 136                                                             |
|              | <i>Std. Dev.</i> | 7                                                                 | 60                                                              |

1: Calculated as the total number of KLIP sessions per player, divided by the weeks of practice.

2: Calculated as the total number of KLIP sessions completed by all athletes on the team averaged across all of the teams for that sport.

**Table E2. Exposures by group and sport<sup>1</sup>**

| Group          |            | Number of<br>Teams/<br>Levels | Number of<br>Athletes | Total<br>Exposures | Average<br>Weekly<br>Practice-<br>Exposures <sup>2</sup> | Average<br>Weekly<br>Game-<br>Exposures <sup>3</sup> |
|----------------|------------|-------------------------------|-----------------------|--------------------|----------------------------------------------------------|------------------------------------------------------|
| <b>Control</b> |            | <b>69</b>                     | <b>862</b>            | <b>38,662</b>      | <b>40.1(11.7)</b>                                        | <b>21.3(9.6)</b>                                     |
|                | Basketball | 28                            | 319                   | 18,076             | 39.9(9.9)                                                | 15.9(4.4)                                            |
|                | Soccer     | 14                            | 244                   | 9,357              | 51.7(13.9)                                               | 34.2(11.6)                                           |
|                | Volleyball | 27                            | 299                   | 11,229             | 34.3(7.4)                                                | 20.1(5.7)                                            |
| <b>KLIP</b>    |            | <b>43</b>                     | <b>577</b>            | <b>17,954</b>      | <b>44.3(13.5)</b>                                        | <b>20.9(10.1)</b>                                    |
|                | Basketball | 17                            | 191                   | 6,302              | 37.4(10.5)                                               | 18.6(13.2)                                           |
|                | Soccer     | 11                            | 189                   | 5,913              | 54.8(12.3)                                               | 26.5(8.6)                                            |
|                | Volleyball | 15                            | 197                   | 5,739              | 44.5(13.1)                                               | 19.5(9.5)                                            |
| <b>Total</b>   |            | <b>112</b>                    | <b>1,439</b>          | <b>56,616</b>      |                                                          |                                                      |

1: Average of teams/levels presented, standard deviation in parentheses.

2: Average weekly practice exposure for teams as a whole.

3: Average weekly game exposure for teams as a whole.

**Table E3. Results of exact logistic regression: odds ratios and confidence intervals**

|                   |            | 95 % Confidence Interval |        |                      |
|-------------------|------------|--------------------------|--------|----------------------|
| Predictors        | Odds Ratio | Lower                    | Upper  | P value <sup>2</sup> |
| Constant          | 0.135      | 0.004                    | 5.223  | 0.283                |
| KLIP <sup>1</sup> | 2.054      | 0.2111                   | 21.690 | 0.749                |
| Total exposures   | 1.001      | 0.996                    | 1.006  | 0.689                |
| Number of players | 0.868      | 0.595                    | 1.150  | 0.429                |

1: Odds of injury on KLIP team relative to odds of injury on control team.

2: Tests null hypothesis that odds ratio is equivalent to 1.0, on basis of exact distribution.