

Supplementary Table 1. Prescribed training intervention. *Intensive* training is broken up into four stages, each with an individual goal in progressing intensity; *Stage 1*: Master basic techniques through unilateral tasks; *Stage 2*: Integration of additional component or direction to task to decrease stability; *Stage 3*: Introduction of secondary perturbation, and; *Stage 4*: Increase explosiveness of multidirectional tasks and have the ability to respond to quick external perturbations. The *Maintenance* training phase consisted of; *Stage 5*: Maintain responses and techniques to rapid external perturbations. Numbers in left column indicate correspondence with instructional videos in Supplemental Content.

		<i>Intensive Training</i>				<i>Maintenance Training</i>
		<i>Stage 1</i>	<i>Stage 2</i>	<i>Stage 3</i>	<i>Stage 4</i>	<i>Stage 5</i>
		(Wk 1-2)	(Wk 3-4)	(Wk 5-6)	(Wk 7-8)	(Wk 9-25)
Modality	Exercise					
Balance	1a Wall sit ^{3,4} http://links.lww.com/TJACSM/A50					
	1b Wall sit (single leg) ^{3,4} http://links.lww.com/TJACSM/A51					
	2 Reverse cross over lunge ^{1,2,3,4} http://links.lww.com/TJACSM/A52					
	3 Single leg stance with ^{2,3,4} i. Hip flexion ii. Hip abduction iii. Hip extension http://links.lww.com/TJACSM/A54					
	4a Single leg deadlift ^{2,4} http://links.lww.com/TJACSM/A53					
	4b Single leg deadlift with arm raise and hop ^{2,4} http://links.lww.com/TJACSM/A55					
	5 Single leg squat ^{1,2,3,4} http://links.lww.com/TJACSM/A56					

		<i>Intensive Training</i>				<i>Maintenance</i>
						Training
		<i>Stage 1</i>	<i>Stage 2</i>	<i>Stage 3</i>	<i>Stage 4</i>	<i>Stage 5</i>
Modality		(Wk 1-2)	(Wk 3-4)	(Wk 5-6)	(Wk 7-8)	(Wk 9-25)
	Exercise					
	6 Single leg overhead ball toss ^{2,4} http://links.lww.com/TJACSM/A57					
	7a Double leg 45 & 180 degree jumps ^{1,2,3,4} http://links.lww.com/TJACSM/A58					
	7b Single leg 45 & 180 degree jumps ^{1,2,3,4} http://links.lww.com/TJACSM/A59					
	8 Lateral ball throw ^{2,4} http://links.lww.com/TJACSM/A60					
	9 Karaoke ^{1,2,3} http://links.lww.com/TJACSM/A61					
Plyometric	10 Lateral Shuffle ^{1,2,3} http://links.lww.com/TJACSM/A62					
	11 Skaters ^{1,2,3,4} http://links.lww.com/TJACSM/A63					
	12 Star Jumps ³ http://links.lww.com/TJACSM/A64					
	13a Double leg box jumps ^{1,2,3,4} http://links.lww.com/TJACSM/A65					
	13b Single leg box jumps ^{1,2,3,4} http://links.lww.com/TJACSM/A66					
	14 Split lunge jumps ^{1,2,3,4} http://links.lww.com/TJACSM/A67					
	15a Double leg broad Jump ^{1,2,3,4} http://links.lww.com/TJACSM/A68					
	15b Single leg broad Jump ^{1,2,3,4} http://links.lww.com/TJACSM/A69					

		<i>Intensive Training</i>				<i>Maintenance</i>
						Training
Modality	Exercise	<i>Stage 1</i>	<i>Stage 2</i>	<i>Stage 3</i>	<i>Stage 4</i>	<i>Stage 5</i>
		(Wk 1-2)	(Wk 3-4)	(Wk 5-6)	(Wk 7-8)	(Wk 9-25)
	16 Single Leg Ball Slams ^{2,3,4} http://links.lww.com/TJACSM/A70					
	17a Double leg tuck jumps ^{1,3,4} http://links.lww.com/TJACSM/A71					
	17b Single leg tuck jumps ^{1,3,4} http://links.lww.com/TJACSM/A72					
	18 Squat Jumps ^{1,3,4} http://links.lww.com/TJACSM/A73					
	19 Burpees ³ http://links.lww.com/TJACSM/A74					
	20 Mountain Climbers ^{2,3} http://links.lww.com/TJACSM/A75					
	21 Step-up and Jump ^{3,4} http://links.lww.com/TJACSM/A76					
	22 Split jump with 180 turn ^{1,2,3,4} http://links.lww.com/TJACSM/A77					
	23 Lateral Box Jump ^{1,2,3,4} http://links.lww.com/TJACSM/A78					
	24 Dead Bug ^{2,4} http://links.lww.com/TJACSM/A79					
	25 Plank (prone and lateral) ^{2,4} http://links.lww.com/TJACSM/A80					
	26 Double Leg Raise ² http://links.lww.com/TJACSM/A81					
Resistance	27 Core rotators ² http://links.lww.com/TJACSM/A82					

Modality	Exercise	<i>Intensive Training</i>				<i>Maintenance</i>
						Training
		<i>Stage 1</i> (Wk 1-2)	<i>Stage 2</i> (Wk 3-4)	<i>Stage 3</i> (Wk 5-6)	<i>Stage 4</i> (Wk 7-8)	<i>Stage 5</i> (Wk 9-25)
	28 Kettle Bell Swings ^{2,3,4} http://links.lww.com/TJACSM/A83					
	29 X – ups ² http://links.lww.com/TJACSM/A84					
	30 V –sits ² http://links.lww.com/TJACSM/A85					
	31 Flutter Kick ² http://links.lww.com/TJACSM/A86					
	32 Sit up with twist ² http://links.lww.com/TJACSM/A87					
	33 Clams ⁴ http://links.lww.com/TJACSM/A88					
	34 Sitting Tucks ² http://links.lww.com/TJACSM/A89					
	35 Squat ^{1,3,4} http://links.lww.com/TJACSM/A90					

Biomechanical Focus: ¹Knee Flexion | ²Dynamic Trunk Control | ³Gastrocnemii strength | ⁴Hip external rotator strength