**Supplementary Table: Summary of comments and feedback from round 1 and the changes made to FootyFirst in response**

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| **Exercise training program component** | **Summary and *examples* of feedback** | **Changes made** |
| Warm-up (run through and dynamic stretches) | Generally very positive feedback on both components of the FootyFirst warm-up.*“Warm up activity is well structured and should be fine for purposes of preparing players to complete training program”*Most feedback suggested including additional activities into either the dynamic stretches or the run through. The research team considered these but did not act on most as it was considered important to keep the warm-up component to a maximum of 8 minutes durationSeveral respondents suggested adding an activity or dynamic stretch of the lower back or lumbar spine to work on lumbar spine flexion*“Lower back dynamic stretches. Hamstring dynamic stretches”* | ‘Hands to ground’ exercise added to run through to provide hamstring stretch and improve lower back mobility‘Walking lunge’ exercise moved from run through to dynamic stretch section of the warm-upSee Table 1 for revisions |
| Hamstring exercise and progressions | Generally very positive feedback and comments*“It is the exercises with the best evidence for hamstring strain prevention. It is also the best exercise to be implemented easily in the field—no fancy equipment required.”*There was some concern that this exercise was technically difficult to perform well and that participants may experience significant delayed onset muscle soreness when first performing this exercise.*“This activity is likely to be too difficult for a beginner (high rate of DOMS initially with this exercise!).”* | No change |
| Groin exercises and progressions | There was consistent feedback about a lack of eccentric component and the non-functional nature of some of the exercises. *“I think strengthening should have a more eccentric bias.”**“Very non-functional and potential to irritate pubic symphysis lesions or enthesopathies. A better exercise would be a bent knee fall out with control and less load initially.”*The relevance of the sumo squat and the running man exercises for improving groin strength was questioned.*“Level 4 and 5 exercises are not specific groin strengthening exercises. Therefore, the progression from level 3 onwards is not specific to the groin. These exercises require use of the groins as a stabiliser muscle but not as a prime mover.”*There was considerable conflicting feedback about the appropriateness of some exercises and levels of intensity of sets and reps.*“I think the suggested exercises are all appropriate. However, I do not think they are all progressions from easy to hard. Levels 1 to 3 are nice progressions from easy to hard for the anterior adductors (e.g. longus) then adding in combined rectus abdominis load with level 3. Level 4 and level 5 seem to target add magus, and these 2 exercises would be far easier on the groin/pubic area than levels 2 and 3. Perhaps the order could be level 1 exercise, level 5 exercise, level 2 exercise, level 4 exercise (which involves an element of neuromuscular control being single legged), level 3 exercise (which is the highest load on groin tissues)”* | The sumo squat exercise was removedTwo eccentric exercises were added at level 2 and level 5The running man exercise was retained as it forms an important part of the evidence-based literature for groin pain.See Table 1 for revisions |
| Hip/Core strength exercise and progressions | Concern that the use of the term ‘core’ was inappropriate and misleading*“Core is an incorrect term. It is a made up term that makes no sense hip/trunk is more appropriate.”*Several respondents commented that the progression of the exercises was inappropriate with some of the earlier exercises being harder to perform than some of the later exercises*“All progressions are good. Again, I am not sure that the order is correct for easiest to most difficult. Perhaps a better order would be level 1 exercise (easiest), level 3 exercise, level 4 exercise, level 2 exercise, level 5 exercise (hardest)..”* | The term ‘core’ was removed and all these exercises were referred to as hip strength exercisesThe order of the exercises was revised (see Table 1 for revisions)The exercises remained the same |
| Balance, landing and changing direction exercises | Very positive feedback and comments*“All good exercises with limited equipment”*Some suggestions that compliance with and participation in the jumping/landing and changing direction activities could be enhanced with footballs.*“In my opinion having footballs in drills will make the program far easier to implement and will increase the likelihood of ongoing involvement of clubs”* | No change |