**Appendix 2: Post-Workshop Questionnaire**

Thank you for agreeing to complete this survey. It should take you approximately 7 minutes to complete. Please answer all questions thoughtfully and as accurately as possible. Please ask the researcher who gave you this survey to answer any questions you may have.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ID# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop date (dd/mm/yy): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please take a few minutes to tell us what you think about injury risk in youth soccer, and about completing the FIFA 11+ warm-up program with your team at every game and training session during the present soccer season. There are no right or wrong responses; we are merely interested in your personal opinions.

1. In your opinion, **overall injury risk** in youth soccer is:

**Extremely Extremely**

**Likely Quite Slightly Neither Slightly Quite Unlikely**

1 2 3 4 5 6 7

1. In your opinion, how serious are the following types of soccer injury?

Please rate all from 1 “Not at all serious” to 7 “Very serious”

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Ankle sprain | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Knee ligament | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Muscle strain | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Broken bone | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Cut or scrape | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Bruise | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Concussion | **1** | **2** | **3** | **4** | **5** | **6** | **7** |

1. In general, how **preventable** do you think soccer injuries are?

**Extremely Not Extremely Preventable Quite Slightly Neither Slightly Quite Preventable**

1 2 3 4 5 6 7

1. In your opinion, what would happen to a soccer player’s **overall risk of injury** if he or she participated in the FIFA 11+ warm-up program?

**Decrease Increase**

**Extremely Quite Slightly Neither Slightly Quite Extremely**

1 2 3 4 5 6 7

1. What **resources are available** to help you complete the FIFA 11+ warm-up program with your team at every game and training session during this soccer season?

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iv.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **potential barriers** may prevent you from completing the FIFA 11+ warm-up program with your team at every game and training session during this soccer season?

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iv.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How confident are you that you **understand** the FIFA 11+ warm-up program well enough to use it with the team(s) you are coaching in the upcoming season?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. How confident are you that you **have the ability** to usethe FIFA 11+ warm-up program with the team(s) you are coaching in the upcoming outdoor season?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. If there was **limited space** at your practice or game venue, how confident are you that your team could complete the FIFA 11+ warm-up program?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. If the **players** on your team **did not enjoy performing the FIFA 11+** warm-up program, how confident are you that you could still have them complete it at every game and training session?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. Do you **intend to make injury prevention a** **priority** for your team in this soccer season?

**Extremely Extremely**

**Not Likely Quite Slightly Neither Slightly Quite Likely**

1 2 3 4 5 6 7

1. Do you **intend** **to** **complete the FIFA 11+** warm-up program with your team at every game and training session during this soccer season?

**Extremely Extremely**

**Not Likely Quite Slightly Neither Slightly Quite Likely**

1 2 3 4 5 6 7