

Program Day 1 – Training session 1 - Baseline																																							
Coach 1										Coach 2										Coach 3										Coach 4									
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Players										Players										Players										Players									
Program Day 1 – Training session 2 - Baseline																																							
Coach 1										Coach 2										Coach 3										Coach 4									
17	9	32	13	33	18	38	20	11	10	31	3	4	35	37	1	28	14	8	12	36	19	22	6	15	16	34	29	25	7	21	5	39	40	24	2	27	23	30	26
Players										Players										Players										Players									
Program Day 2 – Training session 1																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
16	5	40	37	26	35	19	11	27	15	13	1	33	39	21	8	25	36	31	18	17	12	6	34	29	22	20	30	3	23	10	28	4	9	38	7	2	24	32	14
Players										Players										Players										Players									
Program Day 2 – Training session 2																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
36	40	15	26	31	27	21	37	25	1	19	16	13	8	11	39	33	18	35	5	23	22	29	3	20	4	12	28	32	30	17	9	38	7	34	10	14	2	24	6
Players										Players										Players										Players									
Program Day 3 – Training session 1																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
21	36	18	8	33	31	37	26	13	15	35	19	1	39	5	16	40	27	11	25	9	14	34	2	17	23	7	12	28	4	20	6	38	10	32	22	24	3	29	30
Players										Players										Players										Players									
Program Day 3 – Training session 2																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
33	21	26	16	1	27	37	25	5	31	36	35	40	18	11	39	15	13	8	19	38	12	34	2	28	6	10	23	17	7	9	29	22	4	14	32	3	24	30	20
Players										Players										Players										Players									
Program Day 4 – Training session 1																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
33	40	18	31	37	8	15	21	26	11	27	19	35	39	36	13	1	25	5	16	4	10	30	3	7	12	34	6	22	23	28	9	2	32	24	14	17	20	38	29
Players										Players										Players										Players									
Program Day 4 – Training session 2																																							
Coach 1 (intervention)										Coach 2 (intervention)										Coach 3 (control)										Coach 4 (control)									
15	13	39	16	18	1	8	33	35	11	21	40	27	19	37	25	36	26	5	31	17	30	7	20	3	29	38	34	6	32	23	12	14	22	9	10	4	28	2	24
Players										Players										Players										Players									
Program Day 5 – Training session 1 – Follow up																																							

Coach 1 (intervention)	Coach 2 (intervention)	Coach 3 (control)	Coach 4 (control)
16 18 35 8 40 36 15 25 33 27	39 1 21 19 11 26 5 13 37 31	10 28 9 30 3 12 34 4 29 17	2 38 32 7 14 23 20 6 22 24
Players	Players	Players	Players
<b>Program Day 5 – Training session 2 – Follow up</b>			
Coach 1 (intervention)	Coach 2 (intervention)	Coach 3 (control)	Coach 4 (control)
25 27 11 39 1 16 26 40 5 37	15 31 36 13 19 33 35 18 8 21	10 34 2 6 9 24 30 23 7 4	38 12 14 22 17 29 28 3 20 32
Players	Players	Players	Players

Figure 2 Illustrates the randomisation procedure for each training session for one site. Note: numbers represent player identification number.