

# COACH QUESTIONNAIRE

Name: \_\_\_\_\_

Club & Team Name: \_\_\_\_\_

Date (dd/mm/yy): \_\_\_\_\_

Coach ID (office use only)

Thank you for agreeing to complete this survey. It should take you approximately 10 minutes to complete. Please answer all questions thoughtfully and as accurately as possible. Please ask the research assistant who gave you this survey to answer any questions you may have.

## SECTION A: Coaching history

**Instructions:** Please answer the following questions and provide brief details where appropriate.

1. Have you upgraded or received any **soccer coaching certificates** or qualifications during the past season? If so, please describe the level of qualification, and certifying organization.

☐ No

☐ Yes, please describe: \_\_\_\_\_

2. Do you have **medical or first aid certificate** or qualification? If so, please describe your level of qualification, and certifying organization.

☐ No

☐ Yes, please describe: \_\_\_\_\_

3. During the past soccer season, did you use a specific conditioning program with your team at training sessions to **improve the fitness** of your players?

☐ No, please describe why:

\_\_\_\_\_

\_\_\_\_\_

☐ Yes.....Please describe briefly:

\_\_\_\_\_

\_\_\_\_\_

4. During the past soccer season, did you use a specific conditioning program with your team at training sessions to **reduce the risk of injuries** among your players?

☐ No, please describe why:

\_\_\_\_\_

\_\_\_\_\_

☐ Yes.....Please describe briefly:

\_\_\_\_\_

\_\_\_\_\_

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## SECTION B: Coach beliefs and attitudes

**Instructions:** Please take a few minutes to tell us what you think about injury risk in youth soccer, and about completing a **the FIFA 11+ warm-up program with your team at every game and training session during the next 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:

Low      1      2      3      4      5      6      7      High  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

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

	Not at all serious			Moderately serious			Very serious
Ankle sprain	1	2	3	4	5	6	7
Knee ligament injury	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

3. In general, how **preventable** do you think soccer injuries are (please circle one)?

Not      1      2      3      4      5      6      7      Preventable  
Preventable      Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

4. 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      1      2      3      4      5      6      7      Increase  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

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5. 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 outdoor season?

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

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

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

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

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

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

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

9. 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?

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

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10. 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?

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

11. If you were to start the season by completing the FIFA 11+ warm-up program with your team at every game and training session, how confident are you that you could continue to do so for the entire season?

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

12. Imagine that your team regularly completes the FIFA 11+ warm-up program at games and training sessions. If you missed completing the program at a game or practice, how confident are you that you could start completing it again at the next session?

Not 1 2 3 4 5 6 7 Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

13. Do you intend to make injury prevention a priority for your team in the next soccer season?

Not 1 2 3 4 5 6 7 Likely  
Likely Extremely Quite Slightly Neither Slightly Quite Extremely

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

Not 1 2 3 4 5 6 7 Likely  
Likely Extremely Quite Slightly Neither Slightly Quite Extremely

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Date (dd/mm/yy): \_\_\_\_\_

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15. Do you already have concrete plans ...

a. How to teach the FIFA 11+ warm-up program to the players on your team?

**Disagree** 1 2 3 4 5 6 7 **Agree**  
Extremely Quite Slightly Neither Slightly Quite Extremely

b. When to have your team complete the FIFA 11+ warm-up program?

**Disagree** 1 2 3 4 5 6 7 **Agree**  
Extremely Quite Slightly Neither Slightly Quite Extremely

16. Do you already have concrete plans ...

a. How to deal with challenges in order to stick to your intentions of completing the FIFA 11+ warm-up program?

**Disagree** 1 2 3 4 5 6 7 **Agree**  
Extremely Quite Slightly Neither Slightly Quite Extremely

b. How to encourage your team to perform the FIFA 11+ warm-up program to the best of their ability?

**Disagree** 1 2 3 4 5 6 7 **Agree**  
Extremely Quite Slightly Neither Slightly Quite Extremely

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Thank you for agreeing to complete this survey. It should take you approximately 10-15 minutes to complete. Please answer all questions thoughtfully and as accurately as possible. Please ask the research assistant who gave you this survey to answer any questions you may have.

## SECTION A: Players Participation and Injury History.

**Instructions:** Please answer the following questions and provide brief details where appropriate.

### Previous Soccer Playing History

1. At which level of play did you play in **last soccer season**? (*indicate more than one if appropriate*)

☐ Recreational or social league

☐ Club  $\longrightarrow$  ☐ Tier I

☐ Tier 4

☐ Tier 2

☐ Tier 5

☐ Tier 3

☐ Tier 6

☐ Provincial team

☐ National team

☐ Other, please specify \_\_\_\_\_

2. Have you ever played on a soccer team that used a specific conditioning program at training sessions to **improve players' fitness**?

☐ No

☐ Yes.....Please describe briefly \_\_\_\_\_

3. Have you ever played on a soccer team that used a specific conditioning program at training sessions to **reduce players' risk of injuries**?

☐ No

☐ Yes.....Please describe briefly \_\_\_\_\_

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### Previous Soccer Injury History

4. In the past 12 months, did you experience a lower extremity injury (e.g. foot, ankle, calf, shin, knee, groin, thigh or hip) from playing soccer which **resulted in you not being able to participate in a game or training session?**

☐ No

☐ Yes.....Please describe to the best of your ability the following details about the **MOST SEVERE** injury you had

Approximate date of injury (month & year): \_\_\_\_\_

Body part: \_\_\_\_\_

Type of injury: \_\_\_\_\_

How did it occur: \_\_\_\_\_

How long were you unable to participate in soccer practice or games? \_\_\_\_\_

5. In the past 12 months, did you experience a lower extremity injury (e.g. foot, ankle, calf, shin, knee, groin, thigh or hip) from playing soccer which **resulted in you not being able to attend school or work for at least one day?**

☐ No

☐ Yes.....Please describe to the best of your ability the following details about the **MOST SEVERE** injury you had

Approximate date of injury (month & year): \_\_\_\_\_

Body part: \_\_\_\_\_

Type of injury: \_\_\_\_\_

How did it occur: \_\_\_\_\_

How long were you unable to attend work or school? \_\_\_\_\_

### SECTION B: Players Beliefs and Attitudes

Section B of this survey asks you questions about your attitudes and feelings towards **completing the FIFA 11+ warm-up program with your team at every game and training session during the next soccer season.**

The questions use a rating scale with 7 places. You need to circle the number that best describes what you think. For example, if you were asked to rate "The weather in Calgary" and you think it is "extremely good" then you would circle the *number 7*, like this:

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The weather in Calgary is

Bad      1      2      3      4      5      6      7      Good  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

- Please make sure you answer all the items – don't leave any out.
- Only circle one number for each question
- Please do not circle in between the numbers

1. In your opinion, how serious would it be if you experienced the following types of soccer injury?

	Not at all serious			Moderately serious			Very serious	
Ankle sprain	1	2	3	4	5	6	7	
Knee ligament injury	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	

2. I expect I will sustain an injury sometime during the next soccer season (*circle one*)

Likely      1      2      3      4      5      6      7      Unlikely  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

3. Many soccer injuries are preventable (*circle one*)

False      1      2      3      4      5      6      7      True  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely

4. Completing the FIFA 11+ warm-up program with my team at every game and training session during this soccer season will reduce my risk of sustaining an injury (*circle one*)

False      1      2      3      4      5      6      7      True  
Extremely      Quite      Slightly      Neither      Slightly      Quite      Extremely



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5. How confident are you that you are able to properly complete the exercises in the FIFA 11+ warm-up program? (*circle one*)

Not 1 2 3 4 5 6 7 Confident  
Extremely Quite Slightly Neither Slightly Quite Extremely

6. How confident are you that you are able to follow your coach's instructions about completing the FIFA 11+ warm-up program? (*circle one*)

Not 1 2 3 4 5 6 7 Confident  
Extremely Quite Slightly Neither Slightly Quite Extremely

7. If you were to start the season by completing the FIFA 11+ warm-up program with your team at every game and training session, how confident are you that you could continue to do so for the entire season? (*circle one*)

Not 1 2 3 4 5 6 7 Confident  
Extremely Quite Slightly Neither Slightly Quite Extremely

8. How confident are you that you could perform the exercises in the FIFA 11+ warm-up program with 100% effort at every game and training session? (*circle one*)

Not 1 2 3 4 5 6 7 Confident  
Extremely Quite Slightly Neither Slightly Quite Extremely

9. If you didn't perform the exercises with 100% effort at one game or training session, how confident are you that you could perform them with 100% effort the next time? (*circle one*)

Not 1 2 3 4 5 6 7 Confident  
Extremely Quite Slightly Neither Slightly Quite Extremely

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10. If your team started the season by completing the FIFA 11+ warm-up program at every game and training session, but then didn't do it at one game or practice, how confident are you that you would be able to start doing it again? *(circle one)*

Not \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Confident  
Confident Extremely Quite Slightly Neither Slightly Quite Extremely

11. I intend to complete the FIFA 11+ warm-up program at every game and training session during the next soccer season. *(circle one)*

Disagree \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

12. If my team uses the FIFA 11+ warm-up plan during the next soccer season, I intend to complete the exercises with 100% effort. *(circle one)*

Disagree \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

13. Do you already have specific plans about how to complete the FIFA 11+ warm-up program before games and training sessions? *(circle one)*

Disagree \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

14. Do you already have specific plans about when to complete the FIFA 11+ warm-up program next season? *(circle one)*

Disagree \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

15. Do you already have specific plans about how to complete the FIFA 11+ warm-up program before games and training sessions, even if you don't like doing it? *(circle one)*

Disagree \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

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16. Do you already have specific plans about how to complete the FIFA 11+ warm-up program before games and training sessions, even if it is difficult to find space or time to do it? (*circle one*)

Disagree 1 2 3 4 5 6 7 Agree  
Extremely Quite Slightly Neither Slightly Quite Extremely

17. What things would **make it easier** for you to complete the FIFA 11+ warm-up program with your team at every game and training session during the next soccer season?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

18. What things would **make it harder** for you to complete the FIFA 11+ warm-up program with your team at every game and training session during the next soccer season?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_