Database: PubMed <inception to February 20, 2024>

Search strategy:

#1 Team-sports athlete\* [Title/Abstract] or Young team-sports athlete [Title/Abstract] or Young team-sports player\* [Title/Abstract] or Adolescent team-sports athlete\* [Title/Abstract] or Adolescent team-sports player\* [Title/Abstract]

#2 Anterior cruciate ligament [Title/Abstract] or Disease [Title/Abstract] or pain [Title/Abstract]

#3 #1 not #2

#4 Train\*[Title/Abstract] or Exercise\*[Title/Abstract] or Strength train\*[Title/Abstract] or Plyometric train\*[Title/Abstract] or Complex train\*[Title/Abstract] or Combined train\*[Title/Abstract] or Concurrent train\*[Title/Abstract] or blood flow restriction train\*[Title/Abstract] or balance train\*[Title/Abstract] or repeated sprint train\*[Title/Abstract] or Change of direction train\*[Title/Abstract]

#5 #3 and #4

#6 Change of direction [MeSH] or Agility [MeSH]

#7 #5 and #6

#8 Randomized control trial or RCT

#9 #7 and #8