SUPPLEMENTARY MATERIAL

Table 1, supplementary material: full list of questions included in the questionnaire.

| Section | Question | Question | Options |
|---------|----------|----------|---------|
| **Introduction** | Thank you for helping us today. By answering these questions, you will help us understand more about how much young soccer (football) players are keeping active during this #stayhome lockdown period. |  |  |
| | It will take 7-10 minutes to complete the form. Please answer all questions as honestly and accurately as you can. And remember: there are no right and wrong answers - this is not a test. |  |  |
| **Disclosure** | Dear Parent or Guardian, You are being asked to allow your child's participation in this research study entitled "Players at Home". It is important that you read and understand the following explanation of the purpose and benefits of the study and how it will be conducted. This is a very important research aimed at defining the physical activity profile of young soccer (football) players during the Covid-19 lockdown. The research consists of a series of multiple-choice questions. The survey is anonymous: your child will not be identified by name (or other easily identifiable information). Only group results will be reported. Answers will be strictly confidential, and will be used for research purposes only. Data are collected according to the Privacy regulations (EU) 2016/679 GDPR, D. L. n. 101/18. Participation involves no foreseeable physical, psychological or social risks. Participants will be assured that they can discontinue the survey at any time. You can receive communication about the study results, upon request. | I consent | Yes, no (if "no" skip to the end) |
| **I** | ii Do you play on a soccer (football) team for an organized club? | Yes, no (if "no" skip to the end) |
| | iii Have you sustained any serious injury since January that caused you +4 weeks or more absence from playing? | Yes, no (if "yes" skip to the end) |
| | 1 How old are you? | 12 – 17 |
| | 2 Are you a girl or a boy? | Girl, boy |
| | 3 So long, how long have you been at home due to quarantine? | 1 week – 10 weeks |
| | 4 Type here the town/city where you live in: | (textbox) |
| | 5 How many people lives in your home/flat, including you? | 1 – 8 or more |
| | 6 Does your house have any of these facilities? | Wide room (e.g. a large dining room), balcony, terrace, private yard, none of the above |
| 7 Is your Club's top-class first team playing in “Serie A” or “Serie B”? | Yes, no |
| 8 The league your team plays in is at: | national / regional (county) / local (city/town) level |
| 9 Before lockdown, how many football/soccer training session were you doing per week? | 1 – 5 |
| 10 On average, how many matches/games per week? | 1 – 3 |
| **Youth Physical Activity Questionnaire** | Now we are interested in your physical activity during last week and the amount of time you spent doing them |  |  |
| Question                                                                 | Options |
|-------------------------------------------------------------------------|---------|
| How many times did you climb up a flight of stairs (approx. 10 steps)   | 1 – 10  |
| each day?                                                               |         |
| How many times did you play soccer/football by yourself during last     | Never   |
| week? Include also individual technical training.                       | 1-7     |
| Total time? *(this question was replicated after all the following     | 30      |
| questions of this domain)*                                               | minutes |
| How many times did you play soccer/football with someone else (e.g.     | Never   |
| relatives) during last week?                                            | 1-7     |
| How many times did you play basketball, volleyball, rugby, baseball/   | Never   |
| softball, hockey or any other team-type sport besides soccer in the     | 1-7     |
| last week?                                                              |         |
| How many times did you play table tennis during the last week?          | Never   |
| How many times did you ride a bicycle outdoors (for at least 10        | Never   |
| minutes) in the last week?                                              | 1-7     |
| How many times did you use an indoor spinning bike or a treadmill      | Never   |
| (for at least 10 minutes) in the last week?                            | 1-7     |
| How many times did you go running outdoors (for at least 10 minutes)   | Never   |
| during the last week?                                                   | 1-7     |
| How many times did you do martial arts in the last week?                | Never   |
| How many times did you go swimming in the last week (for more           | Never   |
| than 10 minutes)?                                                       | 1-7     |
| How many times did you do dance or gymnastics (including stretching     | Never   |
| or physical exercises without the ball) in the last week?               | 1-7     |
| How many times did you go skateboarding or skating in the last week?    | Never   |
| Do you have a pet?                                                      | Yes, no |
| In the last week, how many times did you walk your dog out?             | Never   |
| How many times did you play with your pet at home during last week?     | Never   |
| How long did you watch TV or videos (tablet/smartphone) during last     | Never   |
| week?                                                                   | 1-hour  |
| How long did you follow classes / study / do homework during last      | Never   |
| week?                                                                   | 1-hour  |
| How long did you listen to music (without doing other things) during    | Never   |
| last week?                                                             | 1-hour  |
| How long did you do art & craft activities (pottery, sewing, drawing,   | Never   |
| painting) during last week?                                             | 1-hour  |
| How long did you play videogames (smartphone, tablet, pc, console)     | Never   |
| during last week?                                                       | 1-hour  |
| How long did you play with toys, cards or board games during last       | Never   |
| week?                                                                   | 1-hour  |
| How much time did you spend reading (books/magazines/newspapers, not    | Never   |
| including school stuff) during last week?                               | 1-hour  |
| How long did you play a musical instrument during the last week?        | Never   |
| How long did you do dance or gymnastics (including stretching or        |         |
| physical exercises without the ball) in the last week?                  |         |
| How many times did you play basketball, volleyball, rugby, baseball/   |         |
| softball, hockey or any other team-type sport besides soccer in the     |         |
| last week?                                                              |         |
| How many times did you play table tennis during the last week?          |         |
| How many times did you ride a bicycle outdoors (for at least 10        |         |
| minutes) in the last week?                                              |         |
| How many times did you use an indoor spinning bike or a treadmill      |         |
| (for at least 10 minutes) in the last week?                            |         |
| How many times did you go running outdoors (for at least 10 minutes)   |         |
| during the last week?                                                   |         |
| How many times did you do martial arts in the last week?                |         |
| How many times did you go swimming in the last week (for more than 10  |         |
| minutes)?                                                               |         |
| How many times did you do dance or gymnastics (including stretching or  |         |
| physical exercises without the ball) in the last week?                  |         |
| How many times did you go skateboarding or skating in the last week?    |         |
| Do you have a pet?                                                      |         |
| In the last week, how many times did you walk your dog out?             |         |
| How many times did you play with your pet at home during last week?     |         |
| How long did you watch TV or videos (tablet/smartphone) during last     |         |
| week?                                                                   |         |
| How long did you follow classes / study / do homework during last      |         |
| week?                                                                   |         |
| How long did you listen to music (without doing other things) during    |         |
| last week?                                                             |         |
| How long did you do art & craft activities (pottery, sewing, drawing,   |         |
| painting) during last week?                                             |         |
| How long did you play videogames (smartphone, tablet, pc, console)     |         |
| during last week?                                                       |         |
| How long did you play with toys, cards or board games during last       |         |
| week?                                                                   |         |
| How much time did you spend reading (books/magazines/newspapers, not    |         |
| including school stuff) during last week?                               |         |
| How long did you play a musical instrument during the last week?        |         |
|   | Question                                                                                      | Options                                      |
|---|-----------------------------------------------------------------------------------------------|----------------------------------------------|
| 35| How much time did you spend on phone/video calls during last week?                           | Never / less than 1 hour / 1-25 hours / More than 25 hours |
| 36| How long did you spend on the internet / e-mails (not for school) in the last week?          | Never / less than 1 hour / 1-25 hours / More than 25 hours |
| 37| How much time did you spend just sitting and talking during the last week?                   | Never / less than 1 hour / 1-25 hours / More than 25 hours |
| 38| How much time did you spend preparing food, cooking and washing up during the last week?    | Never / less than 1 hour / 1-25 hours / More than 25 hours |
| 39| How much time did you spend doing housework / cleaning during last week?                    | Never / less than 1 hour / 1-25 hours / More than 25 hours |

### Youth Quality of Life Questionnaire – Short Form

Following are some statements that you might make about yourself. Please circle the one number on each scale that best describes how closely the statement applies to you in general. There are no right or wrong answers, we are only interested in how you feel about your life.

|   | Statement                                                                                   | Scale                                      |
|---|--------------------------------------------------------------------------------------------|--------------------------------------------|
| 40| I am able to do most things as well as I want                                              | 0 – 10 (not at all – very much)             |
| 41| I feel good about myself                                                                    | 0 – 10 (not at all – very much)             |
| 42| I feel I am important to others                                                             | 0 – 10 (not at all – very much)             |
| 43| I am pleased with how I look                                                                | 0 – 10 (not at all – very much)             |
| 44| I feel understood by my parents or guardians                                               | 0 – 10 (not at all – very much)             |
| 45| I feel I am getting along with my parents or guardians                                      | 0 – 10 (not at all – very much)             |
| 46| I feel alone in my life                                                                     | 0 – 10 (not at all – very much)             |
| 47| I am happy with the friends I have                                                          | 0 – 10 (not at all – very much)             |
| 48| I feel I can take part in the same activities as others my age                              | 0 – 10 (not at all – very much)             |
| 49| People my age treat me with respect                                                         | 0 – 10 (not at all – very much)             |
| 50| I feel my life is full of interesting things to do                                           | 0 – 10 (not at all – very much)             |
| 51| I look forward to the future                                                                | 0 – 10 (not at all – very much)             |
| 52| I feel safe when I am at home                                                              | 0 – 10 (not at all – very much)             |
| 53| I feel I am getting a good education                                                       | 0 – 10 (not at all – very much)             |
| 54| I am satisfied with the way my life is now                                                   | 0 – 10 (not at all – very much)             |

### Football at home

If you do soccer (football exercises) at home, where did you get them?

- Youtube videos, App or online programs, I figure them out on my own, They were suggested by my team’s staff (coach/athletic trainer)
They were suggested by my parents/friends, I don’t do any football/soccer exercise 1 – 7

| Question                                                                 | Options                                      |
|--------------------------------------------------------------------------|----------------------------------------------|
| How many times per week do you have contact (chat, call, videocall) with your teammates? | 1 – 7                                        |
| How many times per week do you have contact (chat, call, videocall) with your coach? | 1 – 7                                        |

**Sleeping habits**

| Question                                                                 | Options                                      |
|--------------------------------------------------------------------------|----------------------------------------------|
| In last week, what time did you go to bed on a weekday (Monday-Friday)?  | 8 PM or earlier / 8:30 PM… / after 12 PM    |
| In last week, what time did you normally go to bed on a weekend day       | 8 PM or earlier / 8:30 PM… / after 12 PM    |
| (Saturday-Sunday)?                                                        | 8 PM or earlier / 8:30 PM… / after 12 PM    |
| In last week, what time did you normally get up on a weekday?             | 6:30 AM or earlier / after 11 AM            |
| In last week, what time did you normally get up on the weekend?           | 6:30 AM or earlier / after 11 AM            |
| During the last week, how much time did you spend napping per day         | None / Less than 15 minutes / 15-30 min… /  |
| (Monday-Friday)? Napping is a short sleep period that can be took         | more than 1 hour                            |
| either on the sofa or on the bed.                                        |                                              |
| During the last weekend, how much time did you spend napping per day      | None / Less than 15 minutes / 15-30 min… /  |
| (Saturday-Sunday)?                                                       | more than 1 hour                            |

Thank you for getting to the… END!
Table 2, supplementary material: detailed statistical results. Significant p-values in bold.

| Variable                        | Sex     | Club level | Context | Age     | Age×sex |
|---------------------------------|---------|------------|---------|---------|---------|
|                                 | F       | p          | F       | p       | F       | p       | F       | p       | F       | p       |
| **MVPA**                        | 0.21    | 0.651      | 0       | 14.44   | <0.001  | 0.012   | 35.80   | <0.001  | 0.030   | 4.93    | 0.027   | 0.004   | 0.16    | 0.693   | 0       |
| Light PA                        | 0.41    | 0.521      | 0       | 1.43    | 0.231   | 0.001   | 0.72    | 0.397   | 0.001   | 1.28    | 0.258   | 0.001   | 0       | 0.989   | 0       |
| Sedentary PA                    | 0.12    | 0.735      | 0       | 0       | 0.982   | 0       | 4.62    | **0.032**| 0.004   | 22.81   | <0.001  | 0.019   | 0.22    | 0.642   | 0       |
| Football activity               | 0.05    | 0.817      | 0       | 11.45   | **0.001**| 0.01    | 22.14   | <0.001  | 0.019   | 23.24   | <0.001  | 0.020   | 0.09    | 0.765   | 0       |
| Other sports                    | 0.33    | 0.564      | 0       | 13.31   | <0.001  | 0.011   | 27.38   | <0.001  | 0.023   | 2.01    | 0.156   | 0.002   | 0.13    | 0.721   | 0       |
| **Quality of Life** *           |         |            |         |         |         |         |         |         |         |         |         |         |         |         |         |
| YQoL-SF score                   | 5.79    | **0.016**  | 0.005   | 12.31   | <0.001  | 0.011   | 3.34    | 0.066   | 0.003   | 17.52   | <0.001  | 0.015   | 8.86    | **0.003**| 0.008   |
| Choice and control              | 4.80    | **0.029**  | 0.004   | 11.03   | 0.001   | 0.009   | 2.68    | 0.103   | 0.002   | 7.46    | **0.006**| 0.006   | 6.62    | **0.010**| 0.006   |
| Community inclusion             | 6.08    | **0.014**  | 0.005   | 8.84    | 0.003   | 0.008   | 3.88    | **0.049**| 0.003   | 18.86   | <0.001  | 0.016   | 8.64    | **0.003**| 0.007   |
| Holistic Health                 | 2.0     | 0.154      | 0.002   | 9.49    | 0.002   | 0.008   | 1.17    | 0.280   | 0.001   | 10.12   | **0.002**| 0.009   | 4.05    | **0.045**| 0.003   |
| Football at home *              |         |            |         |         |         |         |         |         |         |         |         |         |         |         |         |
| Contacts with mates             | 7.74    | **0.005**  | 0.007   | 3.48    | 0.062   | 0.003   | 0.91    | 0.338   | 0.001   | 4.82    | **0.028**| 0.004   | 6.80    | **0.009**| 0.006   |
| Contacts with coach             | 0.46    | 0.497      | 0       | 12.82   | <0.001  | 0.011   | 0.24    | 0.621   | 0       | 2.39    | 0.122   | 0.002   | 1.25    | 0.264   | 0.001   |
| **Exercises source** *          |         |            |         |         |         |         |         |         |         |         |         |         |         |         |         |
| App / online                    | 1.55    | 0.121      |         |         |         |         |         |         |         |         |         |         |         |         |         |
| On my own                       | 1.21    | 0.226      |         |         |         |         |         |         |         |         |         |         |         |         |         |
| Suggested by coach              | 5.54    | <0.001     |         |         |         |         |         |         |         |         |         |         |         |         |         |
| Suggested by parents            | 0.11    | 0.915      |         |         |         |         |         |         |         |         |         |         |         |         |         |
| Internet videos                 | 1.49    | 0.135      |         |         |         |         |         |         |         |         |         |         |         |         |         |

MVPA: moderate to vigorous physical activity; PA: physical activity; YQoL-SF: Youth Quality of Life questionnaire, short form. *: 3-way MANOVA, with age as a covariate. #: z-test for proportions, males vs. females.