Response to the reviewers:

First reviewer	Further discussion should relate to the overall statistics of injury prediction and prevention. To I recommend that the authors include some images or photos of the tests to make the paper more comprehensible to a wider audience, such as the general orthopaedic audience. What extent do the authors believe injury prediction is possible? What percentage of the variance in injury can be accounted for by history, and measurable factors? And of the measurable factors, what fraction is modifiable? This would throw some light on whether it really does make any sense to continue this endless search for predictors. Response: We have added a paragraph about statistics related to injury prevention and at the introduction and the discussion (please see pages 5 and 9). We have added photos of the YBT (please see Figure 3) We have add a paragraph related to variance in injury prevention and prediction at the discussion (please see page 9).
Second reviewer	Your review has a good level of quality and it is very interesting and adequate. Response: We thank the reviewer for that comment.
Third reviewer	Well done study! Response: We thank the reviewer for that comment.