

Dear Reviewers,

Thank you very much for taking the time to go over our paper. We worked hard on this and deeply appreciate your recommendations. We added a paragraph in the discussion section in-line with the specific comments to authors. Here is that paragraph:

The above information suggests that the elimination of preseason and pre-season training would increase the incidence of ACL injury, which is consistent with the results of our study. Additionally, some studies suggest that targeted training and warm-up exercises can reduce the incidence and risk of ACL injuries.<sup>10,11</sup> One study of American National Collegiate Athletic Association (NCAA) soccer by Silvers-Granelli et al. demonstrated that the FIFA 11+ injury prevention program, a 15-20 minute dynamic warm-up program performed before training and games, resulted in a 4.25-fold reduction in the likelihood of ACL injury.<sup>10</sup> This highlights the importance of warm-up training directly before vigorous training or exercise. Currently, the NFL does not have a standardized warm-up program, and there have been little to no studies on the impact of warm-up training in the NFL. Thus, the implementation of a similar program into NFL preseason training, regular season training, and NFL games should be explored in future studies, as it may help reduce the incidence of ACL injury.

With regards to the issues raised, we believe that we have completed those requirements and revised our citations appropriately. Please let us know if anything else is needed. We thank you again.

Best,

Omar Martini, corresponding author