

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of FIFA comprehensive warm-up 11+ program on injuries incidence of Iranian young male soccer players

Protocol summary

Summary

The main aim of this randomized controlled trial is to study the effects of a structured injury prevention program, 11+, on Sport injury rate among youth male soccer players between 14 and 18 years of age. For these purpose 980 players from Thirty-five teams under 18 participated in this study. The teams randomly assigned into the 11+ group and control group. Training-group subjects participate in a 30-wk FIFA comprehensive warm up program 11+ that included plyometrics, core muscle strengthening, balance, and running exercises. These exercises perform at least twice a week as warm up. The control group performs their routine training. All soccer-related injuries and player exposure to practice sessions and matches was registered prospectively by the coaches and medical staffs.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012073110467N1**

Registration date: **2015-07-21, 1394/04/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-21, 1394/04/30

Registrant information

Name

Mostafa Zarei

Name of organization / entity

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Country

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Recruitment status

Recruitment complete

Funding source

Sport Science Research Institute of Iran

Expected recruitment start date

2011-06-22, 1390/04/01

Expected recruitment end date

2013-02-19, 1391/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of FIFA comprehensive warm-up 11+ program on injuries incidence of Iranian young male soccer players

Public title

The effect of FIFA 11+ program on injury incidence of young soccer players

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: All teams should be have at least two training session per week; Teams should be participated in Asia vision premier league; At start of study, all players should be at 14-18 years old. Exclusion criteria: Neuromuscular disorders; Having any rehabilitation program such as wobble board exercise or lower exercise taping.

Age

From **14 years** old to **18 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **980**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Tehran

Street address

University of Tehran, Enghelab Sq, Tehran, Iran

City

Tehran

Postal code

1439813117

Approval date

2011-04-21, 1390/02/01

Ethics committee reference number

M/140490

Health conditions studied

1

Description of health condition studied

Injuries to the ankle and foot

ICD-10 code

S90

ICD-10 code description

Superficial injury of ankle and foot

2

Description of health condition studied

Injuries to the knee and lower leg

ICD-10 code

s80

ICD-10 code description

Superficial injury of lower leg

3

Description of health condition studied

Unspecified multiple injuries

ICD-10 code

T07

ICD-10 code description

Unspecified multiple injuries

Primary outcomes

1

Description

Sports-related lower extremity injuries

Timepoint

Two weeks after intervention

Method of measurement

Injury report form (fuller et al. 2006)

Secondary outcomes

1

Description

Dynamic Balance

Timepoint

pre and post

Method of measurement

Star excursion test

Intervention groups

1

Description

Teams in the intervention group performed the +11 at least twice in week as warm up prior training throughout the season.

Category

Prevention

2

Description

All participants of the control group continued their practice sessions as usual

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran National Football Academy Sport Medicine Center

Full name of responsible person

Mr Kaseri

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sport Science Research Institute of Iran

Full name of responsible person

Dr Fariba Mohammadi

Street address

No. 3, 5th Alley, Miremad Street, Motahhari Street,
Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Sport Science Research Institute of Iran

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University

Full name of responsible person

Mostafa Zarei

Position

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty