

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The effects of 10 weeks functional training on some risk factors of lower extremity injuries and sport performance in young male soccer players

Protocol summary

Study aim

Investigating the effects of 10 weeks functional training on some risk factors of lower extremity injuries in youth male soccer players,

Design

A randomized two group intervention with intervention in the experimental group and without intervention in the control group in 30 youth male football players, pre test and post test in both groups (before and after intervention in the experimental group) with Permuted block randomization method.

Settings and conduct

All subjects participate in the pre test. Then, the control group subjects continue to practice their soccer practice while the experimental group participates in the functional training program for 10 weeks. The post test is carried out like pre test.

Participants/Inclusion and exclusion criteria

Inclusion: Age range from 14 to 16 years old with at least three years of playing experience; membership in the current teams of football league in Kerman province; participate in at least four to six activity sessions per week. Exclusion: Certain medical conditions that prevent their presence in the research; any injury that prevents them from attending the training or competition within 30 days; recent surgical history that limit their presence.

Intervention groups

Intervention group: The intervention group will conduct ten weeks of functional training (3 sessions weekly and each session will run for 90 minutes) after pre test. After ten weeks the intervention group will undergo the same test with the pre test. Control group: After performing a pre test, the control group will continue usual training without performing a intervention program. After ten weeks, control group will undergo the same test with the pre test.

Main outcome variables

Risk factors of lower extremity injuries, General sport performance tests (speed, agility, power, balance and

strength), Specific sport performance test, McGill protocol test.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160623028597N2**

Registration date: **2018-04-02, 1397/01/13**

Registration timing: **retrospective**

Last update: **2018-04-02, 1397/01/13**

Update count: **0**

Registration date

2018-04-02, 1397/01/13

Registrant information

Name

Reza Siamaki Gharieh Saf

Name of organization / entity

PhD student, Department of Sports Injuries and Corrective Exercises, Faculty of Sports Sciences, Uni

Country

Iran (Islamic Republic of)

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+98 21 8835 1730

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siamaki.reza@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effects of 10 weeks functional training on some risk factors of lower extremity injuries and sport performance in young male soccer players

Public title
The effects of functional training on injury risk factors and sport performance in young male soccer players

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Age range from 14 to 16 years old with at least three years of playing experience; membership in the current teams of football league in Kerman province; participate in at least four to six activity sessions per week.

Exclusion criteria:
Certain medical conditions that prevent their presence in the research; any injury that prevents them from attending the training or competition within 30 days; recent surgical history that limit their presence; serious or clear malalignment in in the limbs and trunk.

Age
From **81 years** old to **79 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Permuted block randomization.

Blinding (investigator's opinion)
Single blinded

Blinding description
Blinding will be done for subjects only. They will be informed about the process and the various stages of conducting a research and agreeing to be present in the research, but they will remain unaware of the content of the training program and the probable outcome of the investigation.

Placebo
Not used

Assignment
Parallel

Other design features
The randomization method will be permuted block randomization; Research will also be important in sport injury prevention field.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences.

Street address

Between 15th and 16th St., North Kargar st., Tehran, Islamic Republic.

City

Tehran

Province

Tehran

Postal code

14155-6619

Approval date

2018-02-04, 1396/11/15

Ethics committee reference number

IR.ut.Sport.REC.1396003

Health conditions studied

1

Description of health condition studied

some risk factors of lower extremity injuries

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Risk factors of lower extremity injuries

Timepoint

Pre intervention, after 10 weeks intervention

Method of measurement

LESS test

2

Description

General sport performance

Timepoint

Pre intervention, after 10 weeks intervention

Method of measurement

Sprint test, agility test, power test, balance test, strength test.

3

Description

Sport-Specific Performance

Timepoint

Pre intervention, after 10 weeks intervention

Method of measurement

SDT test

Secondary outcomes**1****Description**

McGill Protocol

Timepoint

Pre intervention, after 10 weeks intervention

Method of measurement

Core test

Intervention groups**1****Description**

Intervention group: The intervention group will conduct ten weeks of functional training after pre test. Functional training is designed using the principles of training science and depending on its variables (intensity, repetition, set, rest) which incl

Category

Other

2**Description**

Control group: After performing a pre test, the control group will continue usual training without performing a intervention program. After ten weeks, control group will undergo the same test with the pre test.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Bahonar University

Full name of responsible person

Reza siamaki Gharie Safa

Street address

Imam Khomeini Highway, Research Square, Shahid Bahonar University

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7617768855

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Fax**Email**

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Investigator

Full name of responsible person

Reza Siamaki Gharieh Saf

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding*empty***Country of origin****Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Faculty of Sports Sciences, University of Tehran

Full name of responsible person

Reza Siamaki Gharieh Safa

Position

PhD Student

Latest degree

Master

Other areas of specialty/work

Others

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Faculty of Sports Sciences, University of Tehran
Full name of responsible person
Reza Siamaki Gharieh Safa
Position
PhD Student
Latest degree
Master
Other areas of specialty/work
Others
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Person responsible for updating data

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The total potential data can be shared after
unidentifiable individuals.

When the data will become available and for how long

Start the access period 6 months after printing the
results.

To whom data/document is available

Data will be available to researchers and students,
athletes and coaches.

Under which criteria data/document could be used

There are no other conditions for using data or
documentation.

From where data/document is obtainable

Reza Siamaki Gharieh Safa via the contact number
09153826319 and email siamaki.reza@ut.ac.ir.

What processes are involved for a request to access data/document

Submit an application to the email address
siamaki.reza@ut.ac.ir.

Comments