

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of The 11+ Program on Kinematical Risk Factors related to Anterior Cruciate Ligament Injury during Specific Soccer Landing Task utilizing Landing Error Scoring System in male elite-youth Soccer Athletes

Protocol summary

Summary

The aim of this study is to investigate the effect of the FIFA 11+ program on kinematical risk factors related to anterior cruciate ligament injury during specific soccer landing task utilizing landing error scoring system (LESS) in elite male youth soccer players. For this purpose, 28 elite male youth soccer players will participate in this study and will randomly divide into two groups: Intervention and training. Some important inclusion criteria and exclusion criteria are no previous ACL injury, no lower extremity injury in the last 6 months, no pain in lower extremity and the ability to do football, and no malalignments in the lower extremity such as hyper-pronation and genu valgus. The intervention group will perform the FIFA 11+ program for 8 weeks, three times a week. The control group during the period of investigation will have the routine warm-up program. Before and after intervention and also after the 1-month follow-up, all subjects will be assessed for landing kinematics utilizing LESS and specific soccer landing task as well as vertical jump height using Sargent jump test.

General information

Acronym

Landing error scoring system (LESS)

IRCT registration information

IRCT registration number: **IRCT2017010331754N1**

Registration date: **2017-03-01, 1395/12/11**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-03-01, 1395/12/11

Registrant information

Name

Hadi Akbari

Name of organization / entity

University of Zabol

Country

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Recruitment status

Recruitment complete

Funding source

researcher

Expected recruitment start date

2017-04-30, 1396/02/10

Expected recruitment end date

2017-08-01, 1396/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of The 11+ Program on Kinematical Risk Factors related to Anterior Cruciate Ligament Injury during Specific Soccer Landing Task utilizing Landing Error Scoring System in male elite-youth Soccer Athletes

Public title

The effect of 11+ program on landing kinematics and performance in male Soccer Athletes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 16 to 19 years of age; no attend in

another specific prevention program during the study; the ability to do football. Exclusion criteria: a previous ACL injury; have no lower extremity injuries for 6 months before testing; no malalignments in the lower extremity such as hyper-pronation and genu valgus.

Age

From **16 years** old to **19 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Kerman university of medical sciences

Street address

Kerman

City

Kerman

Postal code**Approval date**

2017-01-22, 1395/11/03

Ethics committee reference number

ir.kmu.rec.1395.352

Health conditions studied**1****Description of health condition studied**

Healthy athletes

ICD-10 code

Z09.9

ICD-10 code description

Follow-up examination after unspecified treatment for other conditions

2**Description of health condition studied**

Healthy athletes

ICD-10 code

Z00.8

ICD-10 code description

Other general examinations

Primary outcomes**1****Description**

Landing kinematics

Timepoint

pre-test, 2 months after pre-test=post test, 1 month after post test

Method of measurement

landing error scoring system

2**Description**

Vertical jump

Timepoint

pre-test, 2 months after pre-test=post test, 1 month after post test

Method of measurement

Sargent jump test- Tape

Secondary outcomes

empty

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

experimental group:Program 11+, 20-25 min, 3 times/week, for 8 weeks

Category

Prevention

2**Description**

Control group: Routine warm up

Category

Prevention

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

Mes Kerman Football Club

Full name of responsible person

Rasoul Namjoo

Street address

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid bahonar university of kerman
Full name of responsible person
Hadi Akbari
Street address
Shahid bahonar university of kerman
City
Kerman

Grant name

Grant code / Reference number

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

Title of funding source

Shahid bahonar university of kerman

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

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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