

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 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

Iran (Islamic Republic of)

##### Phone

+98 54 3223 5478

##### Email address

h.akbari@sport.uk.ac.ir

##### 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

### Contact

**Name of organization / entity**  
Shahid bahonar university of kerman  
**Full name of responsible person**  
Hadi Akbari  
**Position**  
PhD Student  
**Other areas of specialty/work**  
**Street address**  
Shahid bahonar university of kerman  
**City**  
Kerman  
**Postal code**  
**Phone**  
+98 34 3325 7623  
**Fax**  
**Email**  
hadiakbari62@gmail.com  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Shahid Bahonar university of kerman  
**Full name of responsible person**  
Mansour Sahebozamani  
**Position**  
Full Professor  
**Other areas of specialty/work**  
**Street address**  
Shahid Bahonar university of kerman- Physical education faculty  
**City**  
Kermn  
**Postal code**  
**Phone**  
+98 34 3325 7623  
**Fax**  
**Email**  
sahebozamani@yahoo.com  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Shahid Bahonar university of kerman  
**Full name of responsible person**  
Hadi Akbari  
**Position**  
PhD Student  
**Other areas of specialty/work**  
**Street address**  
Shahid Bahonar university of kerman  
**City**  
Kerman  
**Postal code**  
**Phone**  
+98 34 3325 7623  
**Fax**  
**Email**  
hadiakbari62@gmail.com  
**Web page address**

## 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*