Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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