# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## compare the effects of quiet eye training and anticipation training on performance of hockey goalkeepers

## Protocol summary

**Study aim**
Compare the effects of quiet eye training and anticipation training on performance of hockey goalkeepers

**Design**
The trial included 10 skilled hockey goalkeepers, which is purposefully selected, In order to increase the internal validity, a simple random method was divided into two intervention groups ((N=5)anticipation exercises and (N=5)Quiet eye exercises). The study was one-way blind which included evaluators and analysts.

**Settings and conduct**
All stages before the test are fully described by the examiner for the subjects and they are familiar with the process of testing as well as how the protocol is practiced. The test site is located in Mehdi city. At all test sessions, goalkeepers must respond to a shotgun shot that is run by different pickups and receive balls. Each test session consists of 25 attempts at a distance of 9 meters and 5 blocks in 5 attempts. Post-test, one day after the last training session, and similar to the pre-test session conditions. The staged quiet eye group sees videos from the elite. The prediction training group also displays clips of prediction with the time delay technique and specifies the points on the prediction record sheet.

**Participants/Inclusion and exclusion criteria**
Vision health Lack of trait anxiety Physical health

**Intervention groups**
Quiet Eye exercise Group = Participants completed 360 exercises during 3 sessions of practice, and before practicing in the hall, Quiet eye exercises were videotaped. Anticipation exercise Group = Participants completed 360 exercises during 3 sessions of training, and before practicing in the hall, anticipation exercises were videotaped

**Main outcome variables**
Quiet eye exercises appear to be more effective in normal conditions under pressure than predictive exercises.

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20180929041177N1**
Registration date: **2018-12-17, 1397/09/26**
Registration timing: **retrospective**

Last update: **2018-12-17, 1397/09/26**
Update count: **0**

**Registration date**
2018-12-17, 1397/09/26

**Registrant information**

**Name**
masoumeh aliasgharitoyeh

**Name of organization / entity**
The University of Kharazmi Tehran

**Country**
Iran (Islamic Republic of)

**Phone**
+98 11 3336 7128

**Email address**
std_aliasgharitoyeh@khu.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2018-10-07, 1397/07/15

**Expected recruitment end date**
2018-10-14, 1397/07/22

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
compare the effects of quiet eye training and anticipation training on performance of hockey goalkeepers

**Public title**
Effects of Quiet eye training and anticipation training on performance

**Purpose**
Other

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Complete vision health Physical fitness at the same level Lack of trait anxiety

**Exclusion criteria:**
Having trait anxiety Lack of visual health

**Age**
No age limit

**Gender**
Male

**Phase**
N/A

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**
Target sample size: **10**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
Simple randomization

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**
In order to prevent errors, the evaluators and the data analyst did not know the groups and the manner of intervention.

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Ethics Committee on Research, Research Institute for Physical Education and Sport Sciences

**Street address**
No. 3, Fifth Alley., Miremad Street., Motahari St.

**City**
Tehran

**Province**
Tehran

**Postal code**
1587958711

**Approval date**
2018-03-04, 1396/12/13

**Ethics committee reference number**
IR.SSRI.1396.195

## Health conditions studied

### 1

**Description of health condition studied**
Practicing intervention to improve the quality of performance on healthy people

**ICD-10 code**
خالی

**ICD-10 code description**
خالی

## Primary outcomes

### 1

**Description**
Gain score before and after an intervention. In the event of a 3 point ball pass, the ball will be scored and scored to score 1 point, the ball will be scored and not be detected 0 points

**Timepoint**
Record the motor function one day before the intervention, 4 and 5 days after the intervention

**Method of measurement**
Performance Scoreboard based on research by Harris et al. 2017

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group: The first group of prediction training, the prediction training group, will see clips of prediction with the time delay technique and record points on the prediction sheet. Afterward, the participants enter the practice hall and practice 2 blocks of 40 (80 attempts). Between the resting, blocks are considered (10 minutes). At the second and third sessions, participants will train 3 and 4 blocks of 40 to complete a total of 360 workouts in 3 days of training.

**Category**
Behavior

### 2

**Description**
Intervention group: Second, Quiet eye group, Watching videos from the elite, then enter the training hall and practice 2 blocks of 40 (80 attempts). Between the

resting, blocks are considered (10 minutes). At the second and third sessions, participants will train 3 and 4 blocks of 40 to complete a total of 360 workouts in 3 days of training.

**Category**
Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Hockey Hall of Mahdi City

**Full name of responsible person**
Masoumeh Aliasgharitoyeh

**Street address**
No, 126, Vesal13 Ave., Vesal Shirazi Blvd.

**City**
Sari

**Province**
Mazandaran

**Postal code**
4816718938

**Phone**
+98 11 3336 7128

**Email**
std_aliasgharitoyeh@khu.ac.ir

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Mazandaran University of Medical Sciences

**Full name of responsible person**
Masoumeh Aliasgharitoyeh

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**Grant name**

**Grant code / Reference number**
هیچ

**Is the source of funding the same sponsor organization/entity?**
No

**Title of funding source**
Personal

**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**
Persons

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**
Mazandaran University of Medical Sciences

**Full name of responsible person**
Masoumeh Aliasgharitoyeh

**Position**
Teacher

**Latest degree**
Ph.D.

**Other areas of specialty/work**
Others

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## Person responsible for scientific inquiries

**Contact**

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Teacher

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Undecided - It is not yet known if there will be 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**
Only a portion of the data that is related to the original outcome is shared

**When the data will become available and for how long**
A year after printing results

**To whom data/document is available**
Researchers working in academic institutions

**Under which criteria data/document could be used**
Not allowed to re-analyze these data

**From where data/document is obtainable**
std_aliasgharitoyeh@khu.ac.ir

**What processes are involved for a request to access data/document**
By correspondence with the responsible person, As fast as possible

**Comments**