

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League

Protocol summary

Study aim

The aim of this study was Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League.

Design

Clinical trial with control group by using pre-test and post-test

Settings and conduct

To begin the pre-test, first complete the sample consent form and complete information on injuries, severity of injury and Exposure time using the Fuller et al Injury Report Form by interviewing injured players and team physicians. It will be recorded. For collecting performance factors data, the tests are performed with force plate for groups at Yazd University Biomechanical Laboratory. Bosco Test ,jump test will be performed on the force plate. After the pre-test, the control group will perform their exercises and the training group will perform their FIFA + 11 + Modified warm up Program in addition to their regular exercises for 8 weeks and finally after the end of the post-test intervention. Runs for groups.

Participants/Inclusion and exclusion criteria

Subjects: Among the premier league players of Golsapoush Yazd and Ifa Seram Ardakan, 40 people in two groups will be voluntarily participated in the study, who will be randomly divided into two groups (20 training and 20 control group) will be selected.

Intervention groups

The control group will perform their routine exercises and the experimental group will perform the FIFA + 11 Modified Beach Soccer warm-up program.

Main outcome variables

Functional Factors(Bosco index, power,balance),
Prevalence of Injuries.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180827040887N2**

Registration date: **2019-10-01, 1398/07/09**

Registration timing: **retrospective**

Last update: **2019-10-01, 1398/07/09**

Update count: **0**

Registration date

2019-10-01, 1398/07/09

Registrant information

Name

Hamid Abbasi

Name of organization / entity

Yazd University

Country

Iran (Islamic Republic of)

Phone

+98 35 3725 3204

Email address

habbassi@yazd.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-08, 1398/04/17

Expected recruitment end date

2019-09-15, 1398/06/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League

Public title

The Effect of FIFA 11+ on Functional Factors and Injuries in Beach Soccer

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Players must have at least one year of playing in the Premier League. Players must be at least 18 and up to 30 years of age.

Exclusion criteria:

Having previous injury history
Absence of more than three sessions in practice

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects divided to two clusters, then by cluster randomization indicated as control and exercise groups

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This study will initially be designed and implemented to assess the prevalence of injuries and after collecting information on the impact of the FIFA + 11 Modified Coastal Soccer warming program. Therefore, the purpose of this study was to design specialized warm-up programs for coastal soccer to prevent injury.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of yazd University

Street address

University Blvd, Safayieh, Yazd

City

yazd

Province

Yazd

Postal code

۷۴۱ - ۸۹۱۹۵

Approval date

2019-07-07, 1398/04/16

Ethics committee reference number

IR.YAZD.REC.1398.009

Health conditions studied

1

Description of health condition studied

Sport injuries

ICD-10 code

S83

ICD-10 code description

Dislocation and sprain of joints and ligaments of knee

Primary outcomes

1

Description

The variable is the Prevalence of beach soccer injuries including type, mechanism, time of injury, areas of injury, time to return to play and Exposure time at risk for players.

Timepoint

The pre-test will start at the beginning of the season and the post-test at the end of the season

Method of measurement

The injury report form of Fuller et al., Which will be recorded through interviews with the physician of the teams and players affected.

Secondary outcomes

1

Description

Performance factors are collected by running the Busco test and using the Quattro Jump Force Model AD9290 manufactured by the Swiss company Kistler. This plate has a high strength and reliability ($r = 0.97$) compared to the fixed force plate

Timepoint

The pre-test will start at the beginning of the season and the post-test at the end of the season

Method of measurement

It is collected by Bosco testing using the Quattro Jump power plate model AD9290 manufactured by the Swiss company Kistler.

Intervention groups

1

Description

Intervention group:

Category

Prevention

2

Description

Control group:

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Yazd University

Full name of responsible person

Saeed Abedinzadeh

Street address

Blv. Daneshgah, Yazd University

City

Yazd

Province

Yazd

Postal code

89195741

Phone

+98 35 3123 2322

Email

sabedinzadeh@yazd.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University

Full name of responsible person

Saeed Abedinzadeh

Street address

Yazd ,University, Safaieh, Yazd, Iran

City

Yazd

Province

Yazd

Postal code

8915818411

Phone

+98 35 3123 2943

Fax

+98 35 3123 2943

Email

saeed.abedinzadeh.m@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

No

Title of funding source

Yazd University

Proportion provided by this source

10

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

2

Sponsor

Name of organization / entity

Kish International Campus, University of Tehran

Full name of responsible person

mahdieh akoochakian

Street address

Kish International Campus, University of Tehran,
Niyayesh St., Mirmohanna Blvd., Kish Island, Iran.

City

kish

Province

Hormozgan

Postal code

79416-55665

Phone

+98 76 4443 3661

Email

makochakian@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

University of Tehran-Kish International Campus

Proportion provided by this source

90

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

The University of Yazd

Full name of responsible person

Hamid Abbasi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Sciences

Street address

Yazd University, Safaiyeh, Yazd

City

Yazd

Province

Yazd

Postal code

89195741

Phone

+98 35 3725 3204

Fax

+98 35 3123 2222

Email

hamid.abbasi.b@gmail.com

Web page address

<https://scholar.google.com/citations?user=xmjd1osAAAJ&hl=en>

Person responsible for scientific inquiries

Contact**Name of organization / entity**

The University of Yazd

Full name of responsible person

Hamid Abbasi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport sciences

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Fax

+98 35 3725 3204

Email

hamid.abbasi.b@gmail.com

Web page address

<https://scholar.google.com/citations?user=xmjd1osAAAJ&hl=en>

Person responsible for updating data

Contact**Name of organization / entity**

The University of Yazd

Full name of responsible person

Hamid Abbasi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport sciences

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City

yazd

Province

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Postal code

89195741

Phone

+98 35 3725 3204

Fax

+98 35 3725 3204

Email

hamid.abbasi.b@gmail.com

Web page address

<https://scholar.google.com/citations?user=xmjd1osAAAJ&hl=en>

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

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable