

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of soccer specific sportmetrics exercises on performanc and jump landing error in soccer players

Protocol summary

2020-04-20, 1399/02/01

Study aim

The purpose of this study is to investigate the effect of sportmetrics exercises on performanc and jump landing error in soccer players.

Design

Clinical trial with control group (N:12), with parallel groups, randomized

Settings and conduct

The tests will be carried out by the specialists at the Sport Rehabilitation Laboratory of Bu-Ali Sina University in Hamadan, and then interventions and exercises will take place in the gym. During the testing, the participant will be unaware of the main purpose of the research.

Participants/Inclusion and exclusion criteria

The inclusion criteria included: age range 18 to 25 years, having at least three years of regular exercise history in soccer, No serious injury during the past year especially the lower extremities, Athlete's personal consent to participate in research training program, and exit criteria including, history of any damage in the past six months, history of Knee and ankle surgery

Intervention groups

sportmetrics exercises group, control group

Main outcome variables

performanc and jump landing error

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200307046716N1**

Registration date: **2020-04-20, 1399/02/01**

Registration timing: **retrospective**

Last update: **2020-04-20, 1399/02/01**

Update count: **0**

Registration date

Registrant information

Name

Erfan Shakiba

Name of organization / entity

Bu Ali Sina University

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 1423

Email address

e.shakiba@phe.basu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-24, 1398/12/05

Expected recruitment end date

2020-03-02, 1398/12/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of soccer specific sportmetrics exercises on performanc and jump landing error in soccer players

Public title

The effect of sportmetrics exercises on performanc

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age range 18 to 25 years Having at least three years of regular sports experience in soccer No serious injury during the past year, especially the lower extremities

Exclusion criteria:

History of any injury in the past year Knee Surgery
History of Ankle Surgery

Age

From **18 years** old to **25 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Random Number Generator software is randomized and then assigned to double groups based on SNOSE allocation hiding.

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**

Ethics committee of Hamedan University of Medical Sciences

Street address

Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

City

Hamedan

Province

Hamadan

Postal code

3869565178

Approval date

2019-11-19, 1398/08/28

Ethics committee reference number

IR.BASU.REC.1398.018

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

Jump landing error & performanc

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

jump landing error

Timepoint

Before the intervention begins, One day after the end of the intervention

Method of measurement

View and record video with the CASIO Z1000 branded camera

2**Description**

performanc

Timepoint

Before and after intervention

Method of measurement

Field Performance Tests

Secondary outcomes

empty

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

Intervention group: : soccer specific sportmetrics exercise, A specialized neuromuscular training program for injury prevention to improve the functional level of basic football needs, which includes: speed, agility, strength, power, endurance, balance, central stability and plyometrics. It is designed according to a regular weekly chart for one and a half months, six weeks, with three sessions per week (18 sessions in total) and 45 minutes per session. The programming for this protocol is very diverse and includes agility, reaction, speed, endurance, endurance, strength and various exercises such as agility ladder. In addition, the training changes every week and new exercises are performed according to the progress of the athletes, but the foundation of the whole week is performed according to the chart until the end of the course. and equipment will be used for exercises such as Ladder, Traband, Resistant cache and cones.

Category

Prevention

2**Description**

Control group: No Intervention

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Specialized Football Academy zolfagharnasab of Sanandaj

Full name of responsible person

Erfan Shakiba

Street address

Kurdistan, Sanandaj, Zagros town, Sirvan street

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6617787191

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e.shakiba@phe.basu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bu Ali Sina University

Full name of responsible person

Farzane Saki

Street address

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Bu Ali Sina University

Proportion provided by this source

100

Public or private sector

Public

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**

Bu Ali Sina University

Full name of responsible person

Erfan shakiba

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Sport Rehabilitation

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Bu Ali Sina University

Full name of responsible person

Erfan shakiba

Position

Student

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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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

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

Statistical Analysis Plan

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

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

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

Data Dictionary

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