

# 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

**City**

sanandaj

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**Postal code**

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**Email**

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**

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

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e.shakiba@phe.basu.ac.ir

**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**

Bachelor

**Other areas of specialty/work**

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## Person responsible for updating data

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Erfan shakiba

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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