

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The Effect Of Six Week Modified FIFA 11+ On Proprioception, Balance, Strength And Range Of Motion of Ankle In Male Adolescent Volleyball Players.

Protocol summary

Study aim

prevention of ankle sprain

Design

Semi-experimental and prospective study. With the control group, parallel design single blind, 24 patients, 12 experimental group and 12 control group.

Settings and conduct

Subjects will refer to the laboratory of Shahid Beheshti University for pre-test. After performing strength and proprioception tests (isokinetic device system 4), balance (biodex balance system) and ankle range of motion (Seahan goniometer), the experimental group performed FIFA + 11 warm-up exercises for 6 weeks and the control group Continue their routine training for 6 weeks. Then the post-test will be performed in the laboratory of Shahid Beheshti University.

Participants/Inclusion and exclusion criteria

Male gender; age range 14-18 years; exercise at least two sessions per week; semi-skilled level; no chronic ankle sprain.

Intervention groups

The 12 members of the experimental group will perform 6 weeks of FIFA 11+ adjusted warm-up exercises for 20 minutes at the beginning of their volleyball training. The 12 members of the control group will also practice their volleyball routine during these 6 weeks.

Main outcome variables

proprioception; balance; range of motion; strength of ankle

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210801052047N1**

Registration date: **2021-08-11, 1400/05/20**

Registration timing: **prospective**

Last update: **2021-08-11, 1400/05/20**

Update count: **0**

Registration date

2021-08-11, 1400/05/20

Registrant information

Name

sepide moradi nasab

Name of organization / entity

Shahid beheshti university

Country

Iran (Islamic Republic of)

Phone

+98 61 4242 8477

Email address

sepidemoradi75@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-14, 1400/05/23

Expected recruitment end date

2021-09-25, 1400/07/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Six Week Modified FIFA 11+ On Proprioception, Balance, Strength And Range Of Motion of Ankle In Male Adolescent Volleyball Players.

Public title

The Effect Of Six Week Modified FIFA 11+ On Proprioception, Balance, Strength And Range Of Motion of Ankle In Male Adolescent Volleyball Players.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

only males age between 14 to 18 have exercise at least 2 days in a week semi skilled level have no chronic sprain in ankle in 6 month before participate in investigation having no underlying disease

Exclusion criteria:

Dissatisfaction with the continuation of activities in the present study Not participating in training sessions as two consecutive sessions per week and three non-consecutive sessions. Occurrence of any acute injury to the ankle during the present study

Age

From **14 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

After being called to the teams in region one of Tehran, 24 qualified people will enter the study after obtaining their consent and will be randomly divided into two groups: control and experimental. The block randomization method will be used to create a random sequence. Which uses random allocation software.

Allocation software (allocation concealment) is used to hide the group before the person is placed in the group. In this method, 4 blocks of all possible combinations (6 possible modes AABB, ABAB, ABBA, BBAA: BABA, BAAB) are created, then these blocks are inserted on opaque and sealed envelopes and randomly selected and back The heads will be placed in a box and the participants will take each envelope and thus divide it into two groups A (intervention) and B (control).

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 shahid beheshti university

Street address

no. 10, golestan ave., vahed street. dezfool city

City

dezfool

Province

Khouzestan

Postal code

64616-57514

Approval date

2021-03-13, 1399/12/23

Ethics committee reference number

IR.SBU.REC.1400.047

Health conditions studied

1

Description of health condition studied

none

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

proprioception

Timepoint

Beginning and end of the study

Method of measurement

isokinetic system 4

2

Description

balance

Timepoint

Beginning and end of the study

Method of measurement

biodex balance system

3

Description

range of motion

Timepoint

Beginning and end of the study

Method of measurement

ceahan goniometer

4

Description

strenght

Timepoint

Beginning and end of the study

Method of measurement

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group performs 6 weeks of FIFA 11+ adjusted warm-up exercises. These exercises were designed by FIFA in 2006. Which consists of 3 main parts. In the present study, these exercises are performed for 6 weeks and two sessions per week in three sections. In the first part, with slow running exercises combined with active stretching movements and controlled collisions, the players perform the correct landing technique and change direction for 8 minutes. In the second part, the focus of the exercises is on balance, strength, explosive power and strengthening the central muscles. Each exercise has three levels from simple to advanced and lasts 10 minutes. In the third part, running exercises are performed with a change of direction at high and medium speeds in two minutes. Balance board exercises have also been added to this protocol in the second part of the exercises.

Category

Prevention

2

Description

Control group: This group follows its 6-week routine volleyball training.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti University- Sport Science Lab

Full name of responsible person

Sirous Sheykhl

Street address

Shahid Chamran Highway, Yemen St., Shahid Shahriari Square, Daneshjoo Blvd.

City

Tehran

Province

Tehran

Postal code

19839 69411

Phone

+98 21 2990 2233

Fax

+98 21 2243 1919

Email

Web page address

<https://www.sbu.ac.ir/SitePages/Home.aspx>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid beheshti university

Full name of responsible person

Mostafa Zarei

Street address

Shahid Chamran Highway, Yemen St., Shahid Shahriari Square, Daneshjoo Blvd.

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Email

pr.office@mail.sbu.ac.ir

Web page address

<https://www.sbu.ac.ir/SitePages/Home.aspx>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid beheshti 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

Shahid beheshti university

Full name of responsible person

Sepide Moradi nasab

Position

Master student

Latest degree

Master

Other areas of specialty/work

Sport injury - corrective exercise

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shahid beheshti university

Full name of responsible person

Sepide Moradi nasab

Position

Master student

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Shahid beheshti university

Full name of responsible person

Sepide Moradi nasab

Position

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Latest degree

Master

Other areas of specialty/work

Sport injury - corrective exercise

Street address

no 10, Golestan ave., vahed street. dezfool city

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

We share data files including personal information and data related to pre-test and post-test in a coded folder by the person in charge, Ms. Sepideh Moradi Nasab, on the website of Shahid Beheshti University.

When the data will become available and for how long

Start the access period as soon as the results are printed.

To whom data/document is available

It will be available to all research groups as well as all other people who are interested.

Under which criteria data/document could be used

The data can be used for future studies as well as in all research groups, and any kind of analysis and research use is allowed on the data, and under the conditions that are cited to us, this data will be provided to them.

From where data/document is obtainable

To the person responsible for answering Ms. Sepideh Moradi Nasab Contact number 989374078354 + email sepidemoradi75@gmail.com Khuzestan address. Dezful city. Unit 10 - Golestan Alley No. 10

What processes are involved for a request to access data/document

The applicant will send his application to the e-mail address of Ms. Sepideh Moradi Nasab (sepidemoradi75@gmail.com) and Ms. Sepideh Moradi nasab will provide information after the necessary checks.

Comments