

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of theraband and plyometrics training on balance and motor performance in footballers

Protocol summary

Study aim

The aim of the study is to compare the effects of theraband and plyometric training on balance and motor performance in footballers

Design

Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

Settings and conduct

Data will collect from Pakistan Sports Board and Coaching Centre (PSB) Lahore. Data will be collected from before and after treatment session. Each participant will be familiar with the warm up (light jogging,, calf stretch,, squats) . participants who will finish the warm up session will be included in the assessment.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: 1) Male and female footballers 2) Participants of age 15 to 30 years of age 3) Participants that are practicing three or more times a week(41); Exclusion Criteria: 1) Elite/ International players; 2) Novice players; 3) Recently injured athlete(41).

Intervention groups

Group A: performing theraband exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans.

Main outcome variables

Balance and motor performance of footballers

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210811052138N4**

Registration date: **2022-09-03, 1401/06/12**

Registration timing: **retrospective**

Last update: **2022-09-03, 1401/06/12**

Update count: **0**

Registration date

2022-09-03, 1401/06/12

Registrant information

Name

Halima Shoukat

Name of organization / entity

Riphah international university, Lahore

Country

Pakistan

Phone

+92 55 4284121

Email address

halima.shoukat@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-15, 1400/08/24

Expected recruitment end date

2021-12-15, 1400/09/24

Actual recruitment start date

2021-11-15, 1400/08/24

Actual recruitment end date

2021-12-15, 1400/09/24

Trial completion date

2021-12-15, 1400/09/24

Scientific title

Comparison of theraband and plyometrics training on balance and motor performance in footballers

Public title

Comparison of theraband and plyometrics training on balance and motor performance in footballers

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Male and female footballers; Participants of age 15 to 30 years of age; Participants that are practicing three or more times a week.

Exclusion criteria:

Elite/ International footballers; Novice footballers; Recently injured athlete.

Age

From **15 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were selected by non-probability convenience sampling from the pakistan sports board. Each participant was allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Nil

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

committee of Riphah International University

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate
Quaid e Azam Industrial Estate, Lahore, Punjab

City

lahore

Postal code

5400

Approval date

2021-12-29, 1400/10/08

Ethics committee reference number

REC/RCR&AHS/22/0414

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

Balance and motor performance

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

This study will improve the balance and motor performance of footballers

Timepoint

6 weeks

Method of measurement

Star excursion balance test, FMS

Secondary outcomes

empty

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

Group A will Perform theraband exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category

N/A

2**Description**

Group B will Perform Plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Pakistan Sports Board and Coaching Centre (PSB)

Full name of responsible person

Mr. Nasrullah Rana

Street address

Ferozpur Rd, Block E 2 Gulberg III, Lahore, Punjab

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Lahore

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Web page address

<http://www.sports.gov.pk/Detail/ODNmZDljYTMtNmlyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah international university

Full name of responsible person

Dr Halima Shoukat

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<https://riphah.edu.pk/lahore>

Grant name

Grant code / Reference number

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

No

Title of funding source

Riphah International University

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah international university

Full name of responsible person

Asma Azam

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Dr Halima Shoukat

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

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