

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Protocol summary

Study aim

The goals of physical therapy in the field of sports are to improve performance and prevent injury. Choosing the most efficient training program to prevent injury is essential. By identifying the immediate and short-term effects of TMR and FIFA 11+ and comparing their effects on dynamic balance, fast running, jumping, agility and knee valgus angle, the physiotherapist can take an important step in choosing an effective preparation program to achieve the goals of physiotherapy.

Design

A controlled, single-blind, randomized clinical trial on 45 participants

Settings and conduct

All testing procedures are done on the football field. First, one's group is determined by randomly picking one of 3 sealed envelopes containing one of the words "1st" (FIFA 11+), "2nd" (TMR) and "3rd" (Control). Participants will not know about the grouping of the study .

Participants/Inclusion and exclusion criteria

inclusion: 1. No history of musculoskeletal injury in the last 6 months in the lower limbs and back 2. Male football athletes between the ages of 17 and 23 3. At least one year of football experience 4. Absence of pain in the lower limbs and back Exclusion: 1. participant's unwillingness to continue the research process

Intervention groups

-(FIFA 11+): The FIFA 11+ program consists of three parts, starting with running exercises and continuing with 6 exercises to improve strength, balance, muscle control and core stability, and ending with advanced running exercises. it takes about 20 to 25 minutes. - (TMR): TMR is a new preparation program that is patient-related and its goal is immediate improvement in the quantity and quality of sports activities. The TMR protocol is bilateral and includes 6 movements. - (control): the control group will not receive any

intervention.

Main outcome variables

dynamic balance, sprint, vertical jump, agility, knee valgus

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240616062147N1**

Registration date: **2024-06-22, 1403/04/02**

Registration timing: **registered_while_recruiting**

Last update: **2024-06-22, 1403/04/02**

Update count: **0**

Registration date

2024-06-22, 1403/04/02

Registrant information

Name

Mostafa Barati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2226 2165

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-06-21, 1403/04/01

Expected recruitment end date

2024-08-20, 1403/05/30

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Public title
Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Male football players between the ages of 17 and 23 No history of musculoskeletal injury in the last 6 months in the lower limbs and back At least one year of football experience Absence of pain in the lower limbs and back Absence of neurological diseases that affect performance
Exclusion criteria:
participant's unwillingness to continue the research process Taking drugs affecting balance

Age
From **17 years** old to **23 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling will be done in an improbable and convenience sampling from football athletes aged 17 to 23 working in sports clubs in Tehran. In this way, the individual's group is determined by randomly picking one of 3 sealed envelopes containing one of the terms "first" (FIFA 11+), "second" (TMR) and "third" (control), and the participants from the grouping Study will not know.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, the participants will not know about the grouping of the study. the individual's group is determined by randomly picking one of 3 sealed envelopes containing one of the terms "first" (FIFA 11+), "second" (TMR) and "third" (control), and the participants do not know what intervention they will receive.

Placebo
Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

tehran university of medical sciences research ethics committee

Street address

Keshavarz Boulevard, gods ave

City

tehran

Province

Tehran

Postal code

ندارد

Approval date

2024-05-07, 1403/02/18

Ethics committee reference number

IR.TUMS.FNM.REC.1403.032

Health conditions studied

1

Description of health condition studied

Injury prevention in football players

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

dynamic balance

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

y balance test

2

Description

vertical jump

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

counter movement jump

3

Description

knee valgus

Timepoint

baseline, after intervention, 2 hours after intervention
Method of measurement
knee valgus in landing

4

Description
agility
Timepoint
baseline, after intervention, 2 hours after intervention
Method of measurement
illinois تست چابکی

5

Description
sprint 20-m
Timepoint
baseline, after intervention, 2 hours after intervention
Method of measurement
20-m sprint test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group1: (FIFA 11+ warm-up) This group performs the FIFA 11+ preparation program, which consists of three stages and lasts 20 minutes.
Category
Other

2

Description
Intervention group2: (total motion release warm-up) This group performs total motion release warm-up program that includes 6 bilateral movements and lasts 20 minutes.
Category
Other

3

Description
Control group: no intervention
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
تیم فوتبال آکادمی کیا (FC KIA)
Full name of responsible person
Coach: hadi mahdavi kia

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
dr khadije otadi
Street address
Tehran, District 12, Enghelab St, Pich-e-Shemiran
City
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Province
Tehran
Postal code
1148965111
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Email
rehabilitation@tums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University of Medical Sciences
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
Tehran University of Medical Sciences
Full name of responsible person
Mostafa Barati
Position
Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

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Position

Associate Professor

Latest degree

Ph.D.

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Person responsible for updating data**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Mostafa Barati

Position

Student

Latest degree**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

Part of the data, such as the main outcome information, will be shareable

When the data will become available and for how long

Access starts 6 months after the results are published

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

The data is not provided to the person for analysis and is only provided to the person for processes such as determining the sample size, etc.

From where data/document is obtainableThesis author: Mostafa Barati
mostafa77.barati@gmail.com**What processes are involved for a request to access data/document**

After sending an email to the author of the article, if the information is approved, it will be available to him after one week

Comments