Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of cooperative soccer on students' intrinsic motivation, teamwork, and fundamental motor skills

Protocol summary

Study aim
Determining the effectiveness of cooperative soccer on students' intrinsic motivation, teamwork, and fundamental motor skills

Design
This study is a randomized, double-blind, parallel-group trial conducted on 30 sixth-grade students (15 in each group) in Qale-Tel city. The sample allocation is done by simple random method using the RAND function in Excel software; first, each participant receives an identification code and is sorted based on the generated random number, then the individuals are divided into two groups of 15.

Settings and conduct
This study will use a field experimental research method and a large-scale pre-test and post-test design. This study will be conducted in Qala-Tel city. All participants, intervention instructors, and evaluators who interpret the data will be unaware of the allocation method, and all information will remain confidential, and a code or abbreviation will be assigned to each participant.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Must be at least 12 and at most 13 years of age. Must be a sixth-grade student. The students and their parents must consent to participate in the study. Exclusion Criteria Having a physical illness that interferes with the treatment process. Taking psychiatric medications.

Intervention groups
Intervention group: The collaborative soccer intervention is implemented in 8 90-minute sessions, one session per week, as a group for the experimental group. Control group: They do not receive any intervention.

Main outcome variables
Intrinsic motivation; teamwork; fundamental motor skills.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260901070855N1**
Registration date: **2026-09-05, 1405/06/14**
Registration timing: **prospective**

Last update: **2026-09-05, 1405/06/14**
Update count: **0**

Registration date
2026-09-05, 1405/06/14

Registrant information

Name
Ehsan Eidipour

Name of organization / entity

Country
Iran (Islamic Republic of)

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Email address
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-20, 1405/06/29

Expected recruitment end date
2026-10-06, 1405/07/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of cooperative soccer on students' intrinsic motivation, teamwork, and fundamental motor skills

Public title
The effectiveness of collaborative football
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Must be at least 12 and at most 13 years of age. Must be a sixth-grade student. The students and their parents must consent to participate in the study.
Exclusion criteria:
Having a physical illness that interferes with the treatment process. Taking psychiatric medications.
Age
From **12 years** old to **13 years** old
Gender
Male

Phase
N/A
Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, a simple randomization method is used to assign participants to two experimental and control groups. The randomization unit in this study is the sixth grade students of Qale-Tel city who are eligible to enter the study. First, a complete list of volunteer students who have been selected based on the study entry criteria is prepared. Then, each participant is assigned a unique numerical identification code. These codes are entered into the Random Number Generator software and a random number is generated for each individual. After generating these numbers, the participants are sorted in ascending order based on the value of the random number. Then, the individuals are assigned to two groups; sequentially, the first 15 people on the list are assigned to the experimental group (collaborative soccer intervention) and the next 15 people are assigned to the control group. With this method, the order of entry into the study and the researcher's knowledge of the participants will not play any role in determining the group. To conceal allocation, the person responsible for entering data and performing the randomization process in the software will be independent of the intervention instructor/facilitator and the evaluators of the research variables (intrinsic motivation, teamwork, and fundamental motor skills) and will not have access to information about the process of implementing the sessions or changes in the allocation of individuals. Also, the identification codes of the participants will be kept confidential and separate from their other personal and educational information. Therefore, it will not be possible to predict the assigned group for each participant before the randomization process.
Blinding (investigator's opinion)
Single blinded
Blinding description
In order to control bias and improve the internal validity of the study, this study was designed with a double-blind protocol; in this way, the intervention instructor, outcome assessor, and data analyst will be kept unaware of the allocation of sixth grade students to the experimental and control groups. In this process, the outcome assessor will measure intrinsic motivation, teamwork, and fundamental motor skills at all stages of the pretest, posttest, and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the assessment; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1 and 2), and the true nature of the groups will not be revealed until the end of the data analysis process. All allocation steps will be performed by an individual independent of the research team, and decoding of allocation codes will only be done after the final completion of the statistical analyses.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Behbahan Islamic Azad University Ethics Committee
Street address
Shahid Bayani St., Amir Kabir Blvd.
City
Behbahan
Province
Khouzestan
Postal code
6361713198
Approval date
2026-07-28, 1405/05/06
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.220

Health conditions studied

1

Description of health condition studied
Strengthening teamwork and motivation in students
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Intrinsic motivation
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Intrinsic Motivation Questionnaire by McAuley et al. (1989)

2

Description
Teamwork
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Evans and Jarvis (1986) Workgroup Questionnaire

3

Description
Fundamental motor skills
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Lincoln Ozersky Motor Skills Questionnaire (2000)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The cooperative soccer intervention sessions will be designed based on the principles of skill-based training and social learning approaches. The intervention sessions will be conducted in 8 90-minute sessions (one session per week) in a group setting for the experimental group. Cooperative soccer is an approach that aims to reduce excessive competitiveness and focus on positive interactions, helping students to strengthen their intrinsic motivation and develop teamwork skills in different team roles through joint activities on the soccer field. This approach has main educational axes that lead to improved motor coordination and promotion of fundamental skills; These axes include: familiarization with the concepts of cooperation in sports and explanation of group roles, teaching basic fundamental motor skills (such as balance, movement, and eye-foot coordination) in the form of small games, combined exercises to improve motor control and accuracy, teaching team strategies based on supporting teammates, playing visualization games to enhance situational awareness and teamwork, practicing secondary soccer skills (such as passing and ball control) with an emphasis on collective goal rather than individual progress, developing intrinsic motivation through enjoyable and controlled challenges, and finally consolidating motor and teamwork skills through final competitions with a cooperative approach. The main emphasis of this intervention is to replace individualistic behaviors with behavioral patterns based on support, mutual trust, and cooperation, and to transfer learned motor skills to the main games.
Category
N/A

2

Description
Control group: They do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi Boys' Elementary School
Full name of responsible person
Ehsan Eidipour
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
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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
Islamic Azad 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
Islamic Azad University
Full name of responsible person
Ehsan Eidipour
Position
Master's student
Latest degree
Bachelor
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
Participant data is completely confidential and I do not intend to publish it.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
No - There is not 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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available