Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

the effects of 6-Week Sportmetric Training vs. FIFA 11+ on Biomechanical and Functional Predictors of ACL Injury Risk in Male Soccer Players with dynamic knee valgus

Protocol summary

Study aim
To evaluate the effectiveness of, the effects of six weeks of plyometric training and the FIFA 11+ protocol are compared regarding biomechanical and functional indices that predict ACL injury risk in male soccer players with dynamic knee valgus.

Design
In this study, the participants are assigned to three groups—control, sports-metric exercises, and FIFA 11+ exercises—with 15 individuals in each group, totaling 45 participants.

Settings and conduct
Experimental group: Participated in the FIFA 11+ program, which consisted of 20-minute sessions, three days a week, for six weeks. Control group: Followed their regular-season training programs. Study duration: The study spanned six weeks, following the schedule below.

Participants/Inclusion and exclusion criteria
gender: Male. Sport: Football. Young footballers Defined as falling within the 18–25 age range. history: Minimum of 3 years. Health All subjects must be healthy and free from injury.

Intervention groups
Intervention Group: FIFA 11+ training program; Intervention Group: Plyometric training program; Control Group: Routine exercises.

Main outcome variables
injury prevention

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20261007071342N1**
Registration date: **2026-10-15, 1405/07/23**
Registration timing: **prospective**
Last update: **2026-10-15, 1405/07/23**
Update count: **0**

Registration date
2026-10-15, 1405/07/23

Registrant information

Name
Farhood Shamsi
Name of organization / entity
University of Guilan
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Recruitment status
Not yet recruiting

Funding source

Expected recruitment start date
2026-11-11, 1405/08/20

Expected recruitment end date
2026-12-26, 1405/10/05

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
the effects of 6-Week Sportmetric Training vs. FIFA 11+ on Biomechanical and Functional Predictors of ACL Injury Risk in Male Soccer Players with dynamic knee valgus

Public title
the effects of 6-Week Sportmetric Training vs. FIFA 11+ on Biomechanical and Functional Predictors of ACL Injury

Risk in Male Soccer Players with dynamic knee valgus

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Absence of serious lower-limb injury over the past year No history of serious knee joint injury or defect, or knee ligament surgery. Having at least three years of continuous experience participating in football club teams. Readiness to attend training sessions regularly and with maximum effort. Male gender

Exclusion criteria:

Having an injury to the lower limbs, such as the knee or other parts. Being over 25 years of age Lack of sports activity (football) for less than 2 years

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: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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

university of guilan

Street address

Rasht, Persian Gulf Highway, Kilometer 5 of Tehran Road, University of Guilan Complex.

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Rasht

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4199613776

Approval date

2026-04-13, 1405/01/24

Ethics committee reference number

IR.GUILAN.REC.1405.005

Health conditions studied

1

Description of health condition studied

Injury prevention

ICD-10 code

Z02.5

ICD-10 code description

Encounter for examination for participation in sport

Primary outcomes

1

Description

injury prevention

Timepoint

1 week before the intervention; 1 week after the intervention

Method of measurement

Assessment of risk factors

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: Plyometric exercises + FIFA 11+ exercises.

Category

Prevention

2

Description

Intervention group: FIFA11+ intervention

Category

Prevention

3

Description

Control group: A single control group that carries out its daily routine exercises.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Laboratory University of Guilan

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person
DR Ali Banni

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Grant name
University of Guilan

Grant code / Reference number

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

Title of funding source
University of Guilan

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
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Full name of responsible person
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Position
Master student

Latest degree
Bachelor

Other areas of specialty/work
Anatomy

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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

Failure to initiate the training protocol or laboratory data acquisition.

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