Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League

Protocol summary

Study aim

The aim of this study was Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League.

Design

Clinical trial with control group by using pre-test and post-test

Settings and conduct

To begin the pre-test, first complete the sample consent form and complete information on injuries, severity of injury and Exposure time using the Fuller et al Injury Report Form by interviewing injured players and team physicians. It will be recorded. For collecting performance factors data, the tests are performed with force plate for groups at Yazd University Biomechanical Laboratory. Bosco Test ,jump test will be performed on the force plate. After the pre-test, the control group will perform their exercises and the training group will perform their FIFA + 11 + Modified warm up Program in addition to their regular exercises for 8 weeks and finally after the end of the post-test intervention. Runs for groups.

Participants/Inclusion and exclusion criteria

Subjects: Among the premier league players of Golsapoush Yazd and Ifa Seram Ardakan, 40 people in two groups will be voluntarily participated in the study, who will be randomly divided into two groups (20 training and 20 control group) will be selected.

Intervention groups

The control group will perform their routine exercises and the experimental group will perform the FIFA + 11 Modified Beach Soccer warm-up program.

Main outcome variables

Functional Factors(Bosco index, power,balance), Prevalence of Injuries.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180827040887N2**
Registration date: **2019-10-01, 1398/07/09**
Registration timing: **retrospective**

Last update: **2019-10-01, 1398/07/09**
Update count: **0**

Registration date

2019-10-01, 1398/07/09

Registrant information

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Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-08, 1398/04/17

Expected recruitment end date

2019-09-15, 1398/06/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effect of 8 Weeks Modified FIFA 11+ Training on Functional Factors and Prevalence of Injuries in Male Beach Soccer Players at Premier Country League

Public title
The Effect of FIFA 11+ on Functional Factors and Injuries in Beach Soccer

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Players must have at least one year of playing in the Premier League. Players must be at least 18 and up to 30 years of age.

Exclusion criteria:
Having previous injury history Absence of more than three sessions in practice

Age
From **18 years** old to **30 years** old

Gender
Male

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
The subjects divided to two clusters , then by cluster randomization indicated as control and exercise groups

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
This study will initially be designed and implemented to assess the prevalence of injuries and after collecting information on the impact of the FIFA + 11 Modified Coastal Soccer warming program. Therefore, the purpose of this study was to design specialized warm-up programs for coastal soccer to prevent injury.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of yazd University

Street address
University Blvd , Safayieh , Yazd

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yazd

Province
Yazd

Postal code
۷۴۱ - ۸۹۱۹۵

Approval date
2019-07-07, 1398/04/16

Ethics committee reference number
IR.YAZD.REC.1398.009

Health conditions studied

1

Description of health condition studied
Sport injuries

ICD-10 code
S83

ICD-10 code description
Dislocation and sprain of joints and ligaments of knee

Primary outcomes

1

Description
The variable is the Prevalence of beach soccer injuries including type, mechanism, time of injury, areas of injury, time to return to play and Exposure time at risk for players.

Timepoint
The pre-test will start at the beginning of the season and the post-test at the end of the season

Method of measurement
The injury report form of Fuller et al., Which will be recorded through interviews with the physician of the teams and players affected.

Secondary outcomes

1

Description
Performance factors are collected by running the Busco test and using the Quattro Jump Force Model AD9290 manufactured by the Swiss company Kistler. This plate has a high strength and reliability (r = 0.97) compared to the fixed force plate

Timepoint
The pre-test will start at the beginning of the season and the post-test at the end of the season

Method of measurement
It is collected by Bosco testing using the Quattro Jump power plate model AD9290 manufactured by the Swiss company Kistler.

Intervention groups

1

Description
Intervention group:
Category
Prevention

2

Description
Control group:
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Yazd University
Full name of responsible person
Saeed Abedinzadeh
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Yazd University
Proportion provided by this source
10
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
Academic

2

Sponsor
Name of organization / entity
Kish International Campus, University of Tehran
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
University of Tehran-Kish International Campus
Proportion provided by this source
90
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
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
The University of Yazd
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
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
Not applicable
Data Dictionary
Not applicable