Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing the Effects of PETTLEP Imagery and Mindfulness Interventions on Passing and Goal-Kicking Performance in Male Novice Soccer Players (Ages 10–14): A Randomized Controlled Study

Protocol summary

Study aim

investigating the comparative effectiveness of PETTLEP imagery and mindfulness interventions on the passing and goal-kicking skills of male novice soccer players aged 10 to 14 years

Design

single-blinded, randomized, pre-test-post-test setup with experimental groups

Settings and conduct

Sixty male novice soccer players, aged 10 to 14 years, who registered in the summer at the Miandoab city gym, were selected through convenience sampling based on the study's inclusion and exclusion criteria. A total of 60 male novice soccer players were randomly assigned to one of three groups: PETTLEP Imagery intervention group, the Mindfulness-Based Intervention (MBI) group, or a control group. After completing two sessions of passing and goal-kicking training, a pre-test was conducted. Subsequently, participants in all groups engaged in 12 training sessions focused on soccer passing and goal-kicking skills, with 10 repetitions per session. The interventions spanned four weeks, comprising three sessions per week, each lasting approximately 40 minutes. At the end of the training period, a post-test was administered.

Participants/Inclusion and exclusion criteria

(1) male novice football players, defined as those who (a) had not participated in regular and scheduled football activities during the current year, (b) were not registered with the Iranian Football Association, and (c) did not hold a junior football license from the same association; (2) aged between 10 and 14 years; (3) moderate scores on the Movement Imagery Questionnaire-Revised

Intervention groups

PETTLEP Imagery intervention group, the Mindfulness-Based Intervention (MBI) group, .

Main outcome variables

Football Goal-Kicking Skills Performance , Football Passing Skills

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190908044722N9**
Registration date: **2025-02-21, 1403/12/03**
Registration timing: **registered_while_recruiting**

Last update: **2025-02-21, 1403/12/03**
Update count: **0**

Registration date

2025-02-21, 1403/12/03

Registrant information

Name

Razieh Khanmohamadi

Name of organization / entity

The university of Urmia

Country

Iran (Islamic Republic of)

Phone

+98 86 3221 4311

Email address

r.khanmohamadi@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-01-20, 1403/11/01

Expected recruitment end date

2025-03-02, 1403/12/12

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the Effects of PETTLEP Imagery and Mindfulness Interventions on Passing and Goal-Kicking Performance in Male Novice Soccer Players (Ages 10–14): A Randomized Controlled Study

Public title
Comparing the Effects of PETTLEP Imagery and Mindfulness Interventions on Passing and Goal-Kicking Performance in Male Novice Soccer Players (Ages 10–14): A Randomized Controlled Study
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
male novice football players, defined as those who (a) had not participated in regular and scheduled football activities during the current year, (b) were not registered with the Iranian Football Association, and (c) did not hold a junior football license from the same association; aged between 10 and 14 years moderate scores on the Movement Imagery Questionnaire-Revised
Exclusion criteria:
Players with visual impairments not meeting the normal vision standard as confirmed by the Snellen chart test. Players with known neuromuscular, motor, or sensory disorders.
Age
From **10 years** old to **14 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **54**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization was conducted using a sequence of computer-generated random numbers. These numbers were sequentially assigned to tickets, which were then placed into a ballot box. An independent researcher, uninvolved in other aspects of the study, performed the allocation by drawing tickets at random from the box. Each ticket was discarded immediately after selection to maintain the integrity of the process
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Urmia University
Street address
Urmia University, Kilometer 11 of Cypress Road, Urmia, West Azarbaijan Province
City
Urmia
Province
West Azarbaijan
Postal code
5756151818
Approval date
2025-01-07, 1403/10/18
Ethics committee reference number
IR.URMIA.REC.1403.030

Health conditions studied

1

Description of health condition studied
PETTLEP Imagery and Mindfulness Interventions in Male Novice Soccer Players
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Football Goal-Kicking Skills Performance Assessment (Static)
Timepoint
before and after intervention
Method of measurement
The Mor-Christian Football goal-kicking Test (23) is a widely used assessment for evaluating kicking ability in football, particularly focusing on accuracy. While it effectively measures the precision of kicks, especially for football attackers, it does not assess kicking power or speed—both critical elements of kicking performance. Speed, in particular, plays a vital role in determining scoring potential and overall performance, yet this test is limited to evaluating accuracy alone.

Secondary outcomes

1

Description
Football Passing Skills
Timepoint

before and after intervention

Method of measurement

The football passing skill was assessed using the Mor and Christian test (1979). Participants performed passes from three distinct positions, each approximately 13.71 meters away from the target. The target consisted of two cones, each about 45.72 cm in height. An overall score was calculated as the mean of 12 attempts (4 trials from each position).

Intervention groups

1

Description

Intervention group: PETTLEP Imagery : All the players were asked to take a deep breath and relax and practice imagery practices (without ball) at the field, and they were also asked to perform the actual physical practices (with ball) as suggested in the PETTLEP Imagery program .The protocol for the intervention was adapted from Hossini's study (24) Ismail's study (25) and implemented with imagery scripts developed by a sports psychologist. Participants performed the imagery exercises on a soccer field while wearing soccer uniforms, with a ball placed in front of their feet to simulate the competitive environment. They read the imagery scripts aloud, which included statements such as, "I imagine myself passing the ball from an internal perspective." The imagery exercises were performed in real-time, incorporating physiological responses and performance-related feelings (task). Participants were instructed to verbalize affirmations, such as, "I feel like I'm performing flawlessly," and to imagine their teammates praising them as the best passer on the team (emotions).

Category

Rehabilitation

2

Description

Intervention group: Mindfulness –Based Intervention (MBI):. The protocol was divided into two components: mindful breathing and body scanning. During mindful breathing practice, participants focused their attention on the physical sensations of breathing. When their minds wandered, they were guided to notice the thoughts without judgment, allow them to pass, and gently return their focus to their breath. In this study, the mindful breathing practice was included at the beginning and end of a 10-minute audio recording, with prompts such as "Focus on your body and pay attention to your breathing" and "Take a deep, slow breath—inhale and exhale." The body scanning meditation involved directing attention to physical sensations in the body to enhance awareness and acceptance of one's physical state

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Miandoab city gym,

Full name of responsible person

Razieh Khanmohammadi

Street address

Urmia University, Kilometer 11 of Cypress Road, Urmia, West Azarbaijan Province

City

Urmia

Province

West Azarbaijan

Postal code

5756151818

Phone

+98 918 624 2003

Email

r.khanmohamadi65@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University

Full name of responsible person

Abbas Banj Shafiei

Street address

Urmia University, Kilometer 11 of Cypress Road - West Azarbaijan Province -Urmia

City

Urmia

Province

West Azarbaijan

Postal code

5756151818

Phone

+98 44 3275 2741

Email

a.banjshafiei@urmia.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Urmia University

Proportion provided by this source

10

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
Urmia University

Full name of responsible person
Razieh Khanmohammadi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
motor behavior

Street address
Urmia University, Kilometer 11 of Cypress Road, Urmia, West Azarbaijan Province

City
Urmia

Province
West Azarbaijan

Postal code
5756151818

Phone
43-32752741-044

Email
r.khanmohamadi65@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Urmia University

Full name of responsible person
Razieh Khanmohammadi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
motor behavior

Street address
Urmia University, Kilometer 11 of Cypress Road, Urmia, West Azarbaijan Province

City
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Province
West Azarbaijan

Postal code
5756151818

Phone
43-32752741-044

Email
r.khanmohamdi@urmia.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Urmia University

Full name of responsible person
Razieh Khanmohammadi

Position
Assistant professor

Latest degree
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Province
West Azarbaijan

Postal code
5756151818

Phone
43-32752741-044

Email
r.khanmohamdi@urmia.ac.ir

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
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
The analysis of information obtained from the results of the interventions on on Passing and Goal-Kicking Performance can be published

When the data will become available and for how long
From the time the article was published until a year later

To whom data/document is available
All researchers

Under which criteria data/document could be used
Provided Someone wants to do a similar research project

From where data/document is obtainable
r.khanmohamadi65@yahoo.com

What processes are involved for a request to access data/document
Send request by email

Comments