Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of the fifa11+ injury prevention program on cutting movement assessment scores in adolescent futsal players.

Protocol summary

Study aim

General Objective: To investigate the effect of 8 weeks of FIFA 11+ injury prevention program on shearing motion assessment scores in adolescent futsal players. Specific Objectives: To determine the effect of 8 weeks of FIFA 11+ injury prevention program on 90 degree shearing motion assessment scores with dominant leg in adolescent futsal players. To determine the effect of 8 weeks of FIFA 11+ injury prevention program on 90 degree shearing motion assessment scores with non-dominant leg in adolescent futsal players.

Design

This research is a quasi-experimental, applied study with a pre-test-post-test design and a control group. After meeting the inclusion and exclusion criteria, 24 adolescent male futsal players were randomly assigned to two intervention and control groups with a 1:1 allocation ratio using a random number table.

Settings and conduct

The research will be conducted in Saveh city and in a futsal training hall. After selecting eligible subjects, the shear motion scores in the direction change movement for the dominant and non-dominant legs will be evaluated before and after the test.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Male gender Age range 13 to 17 years A history of regular exercise for at least 1 year No visible lower limb abnormalities and no injuries No history of lower limb surgery A normal body mass index between 18 and 25 Exclusion criteria: Dissatisfaction with continuing activity and cooperation in the research Failure to attend more than two consecutive and three alternate training sessions Any reports of pain or injury in the lower limb

Intervention groups

The intervention group will perform FIFA 11+ training sessions three times a week at the beginning of each session for 8 weeks, and the control group will do their usual warm-up exercises.

Main outcome variables

fifa11+ injury prevention program_cutting movement assessment scores

General information

Reason for update

Acronym

CMAS

IRCT registration information

IRCT registration number: **IRCT20260606069659N1**
Registration date: **2026-07-09, 1405/04/18**
Registration timing: **prospective**

Last update: **2026-07-09, 1405/04/18**
Update count: **0**

Registration date

2026-07-09, 1405/04/18

Registrant information

Name

Danial Doosti

Name of organization / entity

The university of arak

Country

Iran (Islamic Republic of)

Phone

+98 86 3262 9026

Email address

d.dousti.03@msc.araku.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-08-07, 1405/05/16

Expected recruitment end date

2026-08-10, 1405/05/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of the fifa11+ injury prevention program on cutting movement assessment scores in adolescent futsal players.

Public title

Effect of the fifa11+ injury prevention program on cutting movement assessment scores

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Male gender Age range 13 to 17 years A history of regular exercise of at least 1 year No visible lower limb abnormalities and no injuries No history of surgery in the lower limbs Having a normal body mass index between 18 and 25

Exclusion criteria:

Dissatisfaction with continuing activity and cooperation in the research Failure to attend more than two consecutive and three alternate training sessions Any reports of pain and injury in the lower limb

Age

From **13 years** old to **17 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

More than 1 sample in each individual

Number of samples in each individual: **2**

Dominant foot, non-dominant foot

Randomization (investigator's opinion)

Randomized

Randomization description

After assessing the eligibility criteria and obtaining written informed consent, 24 eligible participants were enrolled in the study. The individual participant was considered the unit of randomization. Participants were allocated to the intervention (FIFA 11+) and control groups using simple randomization based on a random number table, with a 1:1 allocation ratio (12 participants in each group). The randomization sequence was generated before participant allocation, and group assignment was performed according to the random number table.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of arak University

Street address

Arak, Basij Square, Sardasht Boulevard, Arak University, Sport Sciences

City

arak

Province

Markazi

Postal code

۳۸۱۸۱۷۵۸۴۶

Approval date

2026-03-15, 1404/12/24

Ethics committee reference number

پژوهشگر محترم شهناز شهرجردی،به اطلاع میرساند پایان‌نامه جنابعالی در دانشگاه اراک بررسی و با شناسه اخلاق IR.ARAKU.REC.1404.092 مصوب گردید. لینک مشاهده آنلاین مصوبه به آدرس ایمیل شما s-shahrjerdi@araku.ac.ir ارسال گردید و در وبگاه سامانه ملی اخلاق در پژوهش

Health conditions studied

1

Description of health condition studied

Effect of the fifa11+ injury prevention program on cutting movement assessment scores in adolescent futsal players.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

cutting movement assessment scores

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

eview and scoring of 9 shear movement items by kinova

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The comprehensive FIFA 11+ warm-up program, which includes three sections: 8-minute slow running exercises, 10-minute balance plyometric strength exercises, and 2-minute fast running exercises, will be implemented at the beginning of each session for 8 weeks, 3 sessions per week. The exercises are designed in accordance with the standard and official version of the FIFA 11+ program, and their intensity and complexity will increase gradually based on the player's level. The program will be implemented under the supervision of the researcher.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Al-Hadi Saveh Futsal Team

Full name of responsible person
danial doosti

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of arak

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
The University of arak

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
the university of arak

Full name of responsible person
danial doosti

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Sports pathology

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Person responsible for scientific inquiries

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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
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