Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of theraband and plyometrics training on balance and motor performance in footballers

Protocol summary

Study aim
The aim of the study is to compare the effects of theraband and plyomteric training on balance and motor performance in footballers

Design
Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

Settings and conduct
Data will collect from Pakistan Sports Board and Coaching Centre (PSB) Lahore. Data will be collected from before and after treatment session. Each participant will be familiar with the warm up (light jogging,, calf stretch,, squats) . participants who will finish the warm up session will be included in the assessment.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: 1) Male and female footballers 2) Participants of age 15 to 30 years of age 3) Participants that are practicing three or more times a week(41); Exclusion Criteria: 1) Elite/ International players; 2) Novice players; 3) Recently injured athlete(41).

Intervention groups
Group A: performing theraband exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans.

Main outcome variables
Balance and motor performance of footballers

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210811052138N4**
Registration date: **2022-09-03, 1401/06/12**
Registration timing: **retrospective**
Last update: **2022-09-03, 1401/06/12**
Update count: **0**

Registration date
2022-09-03, 1401/06/12

Registrant information

Name
Halima Shoukat

Name of organization / entity
Riphah international university, Lahore

Country
Pakistan

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Email address
halima.shoukat@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-11-15, 1400/08/24

Expected recruitment end date
2021-12-15, 1400/09/24

Actual recruitment start date
2021-11-15, 1400/08/24

Actual recruitment end date
2021-12-15, 1400/09/24

Trial completion date
2021-12-15, 1400/09/24

Scientific title
Comparison of theraband and plyometrics training on balance and motor performance in footballers

Public title
Comparison of theraband and plyometrics training on balance and motor performance in footballers

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Male and female footballers; Participants of age 15 to 30 years of age; Participants that are practicing three or more times a week.
Exclusion criteria:
Elite/ International footballers; Novice footballers; Recently injured athlete.

Age
From **15 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**
Actual sample size reached: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants were selected by non-probability convenience sampling from the pakistan sports board. Each participant was allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Nil

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
committee of Riphah International University

Street address
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab

City
lahore

Postal code
5400

Approval date
2021-12-29, 1400/10/08

Ethics committee reference number
REC/RCR&AHS/22/0414

Health conditions studied

1

Description of health condition studied
Balance and motor performance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
This study will improve the balance and motor performance of footballers

Timepoint
6 weeks

Method of measurement
Star excursion balance test, FMS

Secondary outcomes

empty

Intervention groups

1

Description
Group A will Perform theraband exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category
N/A

2

Description
Group B will Perform Plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Pakistan Sports Board and Coaching Centre (PSB)

Full name of responsible person
Mr. Nasrullah Rana

Street address
Ferozepur Rd, Block E 2 Gulberg III, Lahore, Punjab

City
Lahore

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5400

Phone
+92 42 99230383

Email
psblahore@hotmail.com

Web page address
http://www.sports.gov.pk/Detail/ODNmZDljYTMtNmIyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah international university

Full name of responsible person
Dr Halima Shoukat

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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
Riphah International University

Proportion provided by this source
100

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
Other

Person responsible for general inquiries

Contact

Name of organization / entity
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Full name of responsible person
Asma Azam

Position
Student

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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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

There is no further information

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