Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Protocol summary

Study aim

The goals of physical therapy in the field of sports are to improve performance and prevent injury. Choosing the most efficient training program to prevent injury is essential. By identifying the immediate and short-term effects of TMR and FIFA 11+ and comparing their effects on dynamic balance, fast running, jumping, agility and knee valgus angle, the physiotherapist can take an important step in choosing an effective preparation program to achieve the goals of physiotherapy.

Design

A controlled, single-blind, randomized clinical trial on 45 participants

Settings and conduct

All testing procedures are done on the football field. First, one's group is determined by randomly picking one of 3 sealed envelopes containing one of the words "1st" (FIFA 11+), "2nd" (TMR) and "3rd" (Control). Participants will not know about the grouping of the study .

Participants/Inclusion and exclusion criteria

inclusion: 1. No history of musculoskeletal injury in the last 6 months in the lower limbs and back 2. Male football athletes between the ages of 17 and 23 3. At least one year of football experience 4. Absence of pain in the lower limbs and back Exclusion: 1. participant's unwillingness to continue the research process

Intervention groups

-(FIFA 11+): The FIFA 11+ program consists of three parts, starting with running exercises and continuing with 6 exercises to improve strength, balance, muscle control and core stability, and ending with advanced running exercises. it takes about 20 to 25 minutes. -(TMR): TMR is a new preparation program that is patient-related and its goal is immediate improvement in the quantity and quality of sports activities. The TMR protocol is bilateral and includes 6 movements. -(control): the control group will not receive any intervention.

Main outcome variables

dynamic blance, sprint, vertical jump, agility, knee valgus

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240616062147N1**
Registration date: **2024-06-22, 1403/04/02**
Registration timing: **registered_while_recruiting**

Last update: **2024-06-22, 1403/04/02**
Update count: **0**

Registration date

2024-06-22, 1403/04/02

Registrant information

Name

Mostafa Barati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2226 2165

Email address

mbarati@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-06-21, 1403/04/01

Expected recruitment end date

2024-08-20, 1403/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Public title

Comparing the acute and short-term effects of FIFA 11+ and total motion release warm-up programs on dynamic balance and physical performance in male football players

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Male football players between the ages of 17 and 23 No history of musculoskeletal injury in the last 6 months in the lower limbs and back At least one year of football experience Absence of pain in the lower limbs and back Absence of neurological diseases that affect performance

Exclusion criteria:

participant's unwillingness to continue the research process Taking drugs affecting balance

Age

From **17 years** old to **23 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling will be done in an improbably and convenience sampling from football athletes aged 17 to 23 working in sports clubs in Tehran. In this way, the individual's group is determined by randomly picking one of 3 sealed envelopes containing one of the terms "first" (FIFA 11+), "second" (TMR) and "third" (control), and the participants from the grouping Study will not know.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, the participants will not know about the grouping of the study. the individual's group is determined by randomly picking one of 3 sealed envelopes containing one of the terms "first" (FIFA 11+), "second" (TMR) and "third" (control), and the participants do not know what intervention they will receive.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

tehran university of medical sciences research ethics committe

Street address

Keshavarz Boulevard, qods ave

City

tehran

Province

Tehran

Postal code

ندارد

Approval date

2024-05-07, 1403/02/18

Ethics committee reference number

IR.TUMS.FNM.REC.1403.032

Health conditions studied

1

Description of health condition studied

Injury prevention in football players

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

dynamic balance

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

y balance test

2

Description

vertical jump

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

counter movement jump

3

Description

knee valgus

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

knee valgus in landing

4

Description

agility

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

illinois تست چابکی

5

Description

sprint 20-m

Timepoint

baseline, after intervention, 2 hours after intervention

Method of measurement

20-m sprint test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group1: (FIFA 11+ warm-up) This group performs the FIFA 11+ preparation program, which consists of three stages and lasts 20 minutes.

Category

Other

2

Description

Intervention group2: (total motion release warm-up) This group performs total motion release warm-up program that includes 6 bilateral movements and lasts 20 minutes.

Category

Other

3

Description

Control group: no intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

تیم فوتبال آکادمی کیا (FC KIA)

Full name of responsible person

Coach: hadi mahdavi kia

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

dr khadije otadi

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Tehran, District 12, Enghelab St، Pich-e-Shemiran

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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

Tehran University of Medical Sciences

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

Tehran University of Medical Sciences

Full name of responsible person

Mostafa Barati

Position

Student

Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Part of the data, such as the main outcome information, will be shareable
When the data will become available and for how long
Access starts 6 months after the results are published
To whom data/document is available
Researchers working in academic and scientific institutions
Under which criteria data/document could be used
The data is not provided to the person for analysis and is only provided to the person for processes such as determining the sample size, etc.
From where data/document is obtainable
Thesis author: Mostafa Barati
mostafa77.barati@gmail.com
What processes are involved for a request to access data/document
After sending an email to the author of the article, if the information is approved, it will be available to him after one week
Comments