Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Eight weeks application of the Football+ program (level one) improves muscle strength and dynamic balance in youth amateur male players.

Protocol summary

Study aim
effect of an eight-week Football Plus program on muscle strength and dynamic balance in young amateur male players.

Design
This Phase 0 randomized controlled clinical trial involves factorial groups with single-blinding. It includes 31 male football players under the age of 18. Simple randomization was conducted using the RAND function in Microsoft Excel.

Settings and conduct
The intervention group performs the Football Plus warm-up twice per week for 8 weeks, while the control group follows a routine of regular exercises. The Football Plus program consists of three intensity levels and lasts 20 to 22 minutes per session.

Participants/Inclusion and exclusion criteria
Male football players under 18 years old, currently active in Tehran's Division Two League, with no existing injuries. Exclusion Criteria: Missing two intervention sessions, concurrent participation in other sports, or absence from any measurement session

Intervention groups
intervention is the "Football Plus" program. These warm-up exercises are performed twice weekly for 8 weeks, starting from the 4th week of pre-season until the 6th week of competition.

Main outcome variables
Improvement in the strength of knee flexors and extensors, as well as enhancement of dynamic balance.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240306061185N5**
Registration date: **2025-07-22, 1404/04/31**
Registration timing: **prospective**
Last update: **2025-07-22, 1404/04/31**
Update count: **0**

Registration date
2025-07-22, 1404/04/31

Registrant information

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Name of organization / entity
The University of Shahid Beheshti

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-27, 1404/05/05

Expected recruitment end date
2025-08-01, 1404/05/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Eight weeks application of the Football+ program (level one) improves muscle strength and dynamic balance in youth amateur male players.

Public title
effect of the Football Plus program on muscle strength and dynamic balance

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

U18 male players competing in Division Two of the Tehran Football League No previous injury

Exclusion criteria:

missing two or more intervention sessions concurrent participation in other organized sports absence from any measurement session history of severe lower extremity injury 6 weeks before the baseline assessment musculoskeletal surgery, head concussion severe cardiovascular problems six months before the study.

Age

From **16 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Investigator

Sample size

Target sample size: **31**

Randomization (investigator's opinion)

Randomized

Randomization description

Coincidence tools: rand function of Excel:Individual simple randomization

Blinding (investigator's opinion)

Single blinded

Blinding description

A blinded research assistant delivered regular follow-up information and feedback to the Football+ group during the intervention phase, recognizing that adherence beyond mere participation and compliance is crucial to IPP success

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Shahid Beheshti University

Street address

Building No. 2, University Headquarters-Shahid Beheshti University of Medical Sciences and Health Services -Arabi Street-Yemen Street -- Shahid Chamran Highway -Tehran

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Province

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Postal code

1983969411

Approval date

2025-07-20, 1404/04/29

Ethics committee reference number

IR.SBU.REC.1404.086

Health conditions studied

1

Description of health condition studied

Muscular strength and dynamic balance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Assessment of concentric and eccentric strength of knee flexors and extensors

Timepoint

Before the intervention and eight weeks later

Method of measurement

Isokinetic dynamometry

2

Description

Dynamic balance test

Timepoint

Before the intervention and eight weeks later

Method of measurement

Biodex Balance System

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Football Plus

Category

Prevention

2

Description

Control group: Control

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Sports Science Laboratory, Shahid Beheshti University

Full name of responsible person
Sirus Sheikhi

Street address
Shahid Beheshti University, Shahriari Square , Velenjak, Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Shahid Beheshti

Full name of responsible person
dr. Mostafa Zarei

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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
The University of Shahid Beheshti

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 Shahid Beheshti

Full name of responsible person
Hossein Rezaei

Position
Masters student

Latest degree
Bachelor

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Sports Injury and corrective exercises

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Person responsible for updating data

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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