

Different Drop Height Plyometric Training in Soccer Players

NCT07484425

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	56 participants

Key Eligibility Criteria

Inclusion (5)

- Male and female soccer players
- Age between 18-30 years
- Minimum 1 year of regular soccer training
- Healthy BMI
- Currently active in competitive soccer (>3 days/week)

Exclusion (4)

- Musculoskeletal or neurological disorders
- Lower limb injury within past 6 months
- Participation in structured plyometric training in last 3 months
- Contraindications to high-impact training

Locations (1 total)

Punjab Sports Board, Lahore, Punjab Province, Pakistan