Author’s response to reviews

Title: THE FIFA 11+ INJURY PREVENTION PROGRAM IN SOCCER PLAYERS: A SYSTEMATIC REVIEW

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Author’s response to reviews:

Letter to Reviewers/Editor

I declare that all reports from the reviewers and editor were revised, as described below:

Tania Spiteri (Reviewer 1):

Page 11, Line 16: Remove the word "and" before ankle.

- The word “and” were removed.

Page 11, Line 17: Remove the word "and" after the word "warm-up" and replace with a comma.

- The word “and” were removed and the comma was added.

Page 11, Line 23: Remove the word "such as those" and replace with the words including those.

- The word “such those” were replace by “including those”.
Page 11, Line 28: It is unclear what you mean by withdrawal? Do you mean the athletes stop participating in soccer? It is more clear in the sentence following this you mean withdrawal time due to sustaining an injury - however I think this should be make clear in this initial sentence.

- The sentence was modified.

- “Professional players can stop participating in soccer due to many modifiable causes.”

Page 16, Line 49: Change the number 3 to words

- The number 3 was changed by the word “three”.

Jodie Louise Wilkie, Ph.D (Reviewer 2):

Some changes are still required and some of my previous comments were not addressed or changed and have been included again in this review.

Abstract: on line 26/27, the closing bracket should be after p=0.01 not before it.

- The closing bracket was moved to the end of the sentence.

Results:

In table 2 under the comparisons you have 'conventional or without heating program'. What do mean by heating? Do you mean warm-up? You also need to format this table better. In the second column some text is centred and some is aligned left.

- In table 2, the word “heating” was modified by the ”FIFA 11+ warm-up program”.

- The table was fomated.
Figure 2: in your description should it be 'warming programs'? Or perhaps or 'warm-up programs' or 'injury prevention programs'? You also say 'Analysis of the seven independent samples' but only six studies were analyzed.

- The description was modified by “injury prevention program”.
- The correct number was six.

On page 14 you refer to Appendix 1 and 2. There is no appendices attached to this paper and also there should not be appendices in a paper. Can you please remove or clarify what you are referring to.

- The Appendix 1 and 2 were excluded.

Discussion:

As previously suggested in the first review, you have paragraphs which are only one or two sentences long in this section. Please check your writing and see if some of these paragraphs are covering a similar topic/discussion point and can be joined together or the writing improved. For example:

* On page 14 join the paragraph on line 52 starting with 'Soligard et al…' to the previous paragraph.

* On page 15 join the paragraph on line 17 starting with 'Silvers-Granelli et al ...' to the previous paragraph and also join the paragraph on line 25 (page 15) starting with 'Finally, Soligard et al…' to the this previous paragraph.
- The paragraphs were improved with better writing.

I appreciate the opportunity to publish on your selected journal.