Reviewer's report

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

Version: 0 Date: 20 Apr 2017

Reviewer: Jodie Wilkie

Reviewer's report:

Overall this article is interesting however it requires some editing to improve the English, grammar and writing style. Specific comments have been listed below.

Abstract:

The wording in the following sentence should be improved: 'These injuries are caused by modifiable factors or not, and the modifiable factors are mainly responsible for removal of injury, justifying the adoption of an injury prevention program, such as FIFA 11+. E.g. these injuries are caused by factors which may be modifiable, such as..., or not modifiable, such as .... The modifiable factors may be influenced and injury prevention programs which modify these optimally may lead to a reduction lower limb injury.

The spelling in the following sentence should be fixed: 'The purpose of this study is to evaluate the efficacy'...

Background:

In the first paragraph and second last sentence you write 'However, soccer is a contact sport, which defies physical aptitude and demands various abilities at different intensities (3).' What do you mean by defies aptitude? This is unclear. You also say it has 'demands various abilities at different intensities' which is very general and you should provide more specific information. You also make statements like 'therefore, soccer presents risks of injuries' but your previous information did not necessarily lead to this statement.

In the second paragraph of the Background you wrote 'Thus, recent studies indicate that injuries occur mainly during...' however the previous sentence does not lead into this, so the word thus should be removed. The last sentence in the third paragraph is a very strong statement and I am unsure it is definitely proven that inappropriate warm-up and muscle fatigue and imbalance...
caused the injuries mentioned. You may want to soften this sentence by starting it with 'These may be caused by…'.

In the fourth paragraph (page 13 line 27) you write that '…these factors are associated with expensive treatment and prolonged withdrawal times that athletes may experience after injury (3,16).’ However, it is not the factors that are associated with expensive treatment and prolonged withdrawal but the actual injury that is associated with these. You should be more specific and give information on the factors you are referring to.

Results:

Where do you refer to table 1 in your paper? You need to refer to it in your writing. Why is it called a heating program FIFA11+? Should it be 'warm-up' or is heating the correct terminology?

Where do you refer to table 2 in your paper? You need to refer to it in your writing. You also need to format this table better. In the second column some text is centred and some is aligned left.

Figure 2: In your figure description why do you have '(FlorestPlot)' written in brackets? Your figure description needs more details. What do you mean by events and total? In the figure 2 table you have misspelt controls, you have 'Controle'. You need to clearly explain figure 2 in your writing and clarify the results. Also you speak about figure 2 in many paragraphs, and some of these paragraphs are on one or two sentences long. Can you join some of these to make more substantial paragraphs?

On page 16 line 10 you have abbreviated control group to CG, I recommend against this, please use control group.

On page 16 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.

Discussion:

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.

Try not to use 'we' in your writing. Overall the discussion is good but the structure and writing could be improved.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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