Author’s response to reviews

Title: Effects of a blocked versus an alternated sequence of balance and plyometric training on physical performance in youth soccer players

Authors:

Thomas Muehlbauer (thomas.muehlbauer@uni-due.de)
Vincent Wagner (WanTheMan@web.de)
Dennis Brueckner (dennis.brueckner@uni-due.de)
Simon Schedler (simon.schedler@uni-due.de)
Gerrit Schwertz (g.schwertz@hotmail.de)
Rainer Kiss (rainer.kiss@posteo.de)
Marco Hagen (marco.hagen@uni-due.de)

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Revised Manuscript [BMC Sports Science, Medicine and Rehabilitation - SSMR-D-19-00041R1 – Effects of a blocked versus an alternated sequence of balance and plyometric training on physical performance in youth soccer players]

Dear Dr. Jon Oliver, dear Brock Madsen,

Thank you for sending us information to perform some additional revisions.

Below you will find our point-by-point statements to the assistant editor comments.

Kind regards

The authors
Response to the Assistant Editor comments

Comment 1: Please add a Declarations heading directly after the Abbreviations and just before the Ethics approval and consent to participate subsections.

Statement: According to your suggestion, we added a Declarations heading directly after the Abbreviations and just before the Ethics approval and consent to participate subsections.

Comment 2: In your Funding section, please also state the role of the funding body in the design of the study; collection, analysis, and interpretation of data; and in writing the manuscript.

Statement: We added the role of the funding body as follows: “The funding body is independent of the design of the study and collection, analysis, and interpretation of data and in writing the manuscript.”

Comment 3: At this stage, please upload your manuscript as a single, final, clean version that does not contain any tracked changes, comments, highlights, strikethroughs or text in different colours. All relevant tables/figures/additional files should also be clean versions. Figures (and additional files) should remain uploaded as separate files.

Statement: This has been made.

Response to the Editor comment

Comment: Dear Authors, Thank you for taking the time to consider all comments from the initial review and amending your paper accordingly. I am pleased to confirm that in its current form your paper can now be accepted for publication.

Statement: Thank you for your affirmative comment.