Reviewer’s report

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

Version: 1 Date: 03 Jul 2019

Reviewer: Jon Oliver

Reviewer's report:

The authors have taken a comprehensive approach to considering comments from the initial review, with amendments improving the cohesiveness and impact of the paper.

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:

Acceptable

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