Manuscript title manuscript title manuscript title manuscript title manuscript title: Title title

Abstract. The abstract should be confined to a single paragraph and should not exceed 300 words. There should be no tables, figures, or bibliography. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Keywords. Keyword, keyword, keyword, keyword, keyword. (It should be written in alphabetical order)

Introduction

Main text, main text, main text. Main text, main text, main text (Williams et al., 2020; Salas, 2011; Martin & Yusuef, 2018). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Heidari et al., 2020; Madani & Zerf, 2008; Nanevi, 2021).

Suazo et al. (2015) text body main text, main text. DeBeliso & Souza (2016) and Sayyah (1998) main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

The purpose/s and hypothesis of study should be stated in the last paragraph of introduction. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Methods

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

**Participants**

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

**Procedure**

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

***Blood lactate measurements***

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

**Data Analyses**

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Results

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Table 1). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Figure 1).

***Table 1 here***

***Figure 2 here***

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (F (2,70) = 5.765, *p* < 0.01, η2 = 0.698).

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Table 2). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Figure 2). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (F (2,70) = 5.765, *p* < 0.01, η2 = 0.698).

***Figure 2 here***

Discussion

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Main text, main text, main text. Main text, main text, main text (Williams et al., 2020; Salas, 2011; Martin & Yusuef, 2018). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Heidari et al., 2020; Madani & Zerf, 2008; Nanevi, 2021).

Suazo et al. (2015) text body main text, main text. DeBeliso & Souza (2016) and Sayyah (1998) main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

**Conclusion**

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

References

(They should be written in alphabetical order. In case of doubt, follow the APA rules.)

Adams, K., O’Shea, J. P., O’Shea, K. L., & Climstein, M. (1992). The effect of six weeks of squat, plyometric and squat-plyometric training on power production. *J Appl Sport Sci Res*, *6*(1), 36–41.

Baker, D. (1996). Improving vertical jump performance through general, special, and specific strength training. *J Strength Cond Res*, *10*, 131–136.

Davies, G., Riemann, B. L., & Manske, R. (2015). Current concepts of plyometric exercise. *Int J Sports Phys Ther*, *10*(6), 760–786.

Guebli, A., Arguz, A., Kusuma, M. N. H., Erkmen, N., Çalışkan, Ö., & Madani, R. (2021). Kinematical characteristics of accurate penalty-kicking for Turkish football players in goalkeeper confrontation. *Acta Kinesiol*, *15*(2), 112–119.

Kannas, T. M., Kellis, E., & Amiridis, I. G. (2012). Incline plyometrics-induced improvement of jumping performance. *Eur J Appl Physiol*, *112*(6), 2353–2361.

Matavulj, D., Kukolj, M., Ugarkovic, D., Tihanyi, J., & Jaric, S. (2001). Effects of plyometric training on jumping performance in junior basketball players. *J Sports Med Phys Fitness*, *41*(2), 159–164.

Wertheimer, V., Antekolovic, L., & Matkovic, B. R. (2010). Muscle Damage Indicators after Land and Aquatic Plyometric Training Programmes. *Montenegrin J Sports Sci Med*, *7*(1), 13–19.

Zerf, M. (2017). Body composition versus body fat percentage as predictors of posture/balance control mobility and stability among football players under 21 years. *Phys Educ Stud*, *21*(2), 96–102.

**Table 1**

Table title table title table title.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Heading |  |  |  |
| Heading | Heading | Heading | Heading | Heading | Heading | *p* |
| Row heading (units) | 0.10a | Valueab | Valueb | Valuec | Value | 0.003 |
| Row heading (units) | 0.10a | Valueab | Valueb | Valuec | Value | 0.076 |
| Row heading (units) | 0.20 | Value | Value | Value | Value | Value |
| Row heading (units) | 0.25 | Value | Value | Value | Value | Value |

a,b,c Values within a row with different superscripts differ significantly at P<0.05.

Figure 1. Figure title figure title.