

## OPEN PEER REVIEW

## Open Peer Review (OPR)

As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

### What is "Open Peer Review" process?

An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

### Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:

<https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html>



International Journal of Sport Studies for Health

Article DOI: <https://doi.org/10.5812/intjssh-135037>

Published in: International Journal of Sport Studies for Health: 6(1); e135037

## Peer Review Report for "Effect of Three Months Specific Training on Physical Capacities of Iraq Futsal Players"

**Author(s):** Dheyab Mashaan Hailan Al-Azzawi, Jamel Halouani, Ahmed Oraibi Sabea Al-Gertani, Hamdi Chtourou

### Review Timeline:

▶ Submit Date:	25 Jan 2023
▶ Revised Date:	22 Mar 2023
▶ Accepted Date:	22 Mar 2023

Revision (0)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

**YOUSEF Elvazi:** Reviewer | Revision (0)


1 Mar 2023

Dear Researcher(s)

The article presents an interesting field of research and it is very well written, the study has a clear design and offers a rare insight into Physical capacities of Iraq futsal players before and after 3 month of a specific training program. However, it needs some revisions as follows:

- 1- Check the key words based on Mesh standard.
- 2- The demographic characteristics of the subjects and research participants should be mentioned in the methodology section of the abstract.
- 3- In the introduction section, it is better to focus on the necessity of research specifically reasons distinguishing this work from past research.
- 4- Validity and reliability of research tools should be accurately reported.
- 5- Inclusion and exclusion criteria were not accurately reported in the study.
- 6- please clarify when and how the survey was disseminated.
- 7- Have you applied for the code of ethics and clinical trial registration?
- 8- what are the study limitations: report them.

9- Please recommend suggestions for further researchers based on the limitations of the research

 **Maghsoud Nabilpour:** Associate Editor | **Revision (0)**

3 Mar 2023

Thank you for your efforts on this manuscript.

\*Title: Please specify exactly which factors you mean by "physical capacities" (physiological, anthropometric, etc.).

\*Abstract: Please report the physical parameters that were measured.

-Methods: Please clarify what exercises were given, how many training sessions there were, and the exercise intensity. Please also report the statistical analyses that were performed.

-Conclusion: The conclusion sentences are similar to the findings. Please rewrite the conclusion to provide a summary of the main points of the study and to discuss the implications of the findings.

-Keywords: The keywords should be different from the title of the article.

\*Background: There is no need for the sentence "Futsal (five-a-side indoor soccer), is played on a reduced pitch dimension with a smaller players' number. This lack of space obliges players to move quickly in order to create free space and playing opportunities."

-Statement of the problem: The statement of the problem is not clear. Please clarify the research question that you are trying to answer.

-Necessity: The necessity of the study is not well-supported. Please provide more evidence to support the need for this study.

-Previous studies: There is no history of previous studies on this topic. Please review the literature and discuss how your study builds on previous research.

-Tests: The tests that were used are not discussed. Please provide more information about the tests that were used and how they were interpreted.

-Success factors in futsal: Success factors in futsal have not been written. Please discuss the factors that contribute to success in futsal.

-Contribution of physiological, psychological, and anthropometric parameters: The contribution of physiological, psychological, and anthropometric parameters is not specified. Please discuss how these factors contribute to success in futsal.

-Objective: Please specify which program you are referring to and based on which standards.

\*Methods

- Please clarify whether all of the participants reached the professional level by the average age of 19.

-What was the criterion for being a professional? Did the professional player practice 3 sessions a week?

-How many official matches did each player play?

-Please specify the exclusion criteria.

- Why were the tests done in three days?

- What was the selection criteria for these tests?

-How did you control the state of rest and nutrition of athletes during these three days?

- Who were the test takers and what technical qualifications did they have?
- Please state the validity and reliability of the tests.
- Why did you use the two-sided ANOVA test?
- Please report the effect size.
- Write the minimum and maximum range.
- Use a graph to report your findings.
- The results of ANOVA are incompletely reported.

\*Discussion

- Congruent and non-congruent reasons are not mentioned and only compared.
- No inconsistent articles have been reported. Limitations are not mentioned.

\*Conclusion

The method of practical exercises and tests should have been taken into consideration. Of course, training can improve performance, but the main question is which training method is more effective.

---

 **Morteza Taheri:** EIC | **Revision (0)**

5 Mar 2023

Dear Authors

Along with the comments and suggestion provided by the reviewers, I would further expect you to add the novelty and/or relevance of the study and kindly revise the manuscript based on the given points.

## OPEN PEER REVIEW

## Revision (1)

**Reply to Reviewers**

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

## Point-by-point response to the reviewers

**We thank the reviewers and the editor for their thorough review of our work and for the very constructive and helpful comments. We have taken the comments into consideration and have provided specific responses for each reviewer. Our responses appear in red typeface. We hope that this version has been improved and that is now suitable for publication in your journal. Furthermore, we are ready to make any further changes that would be deemed necessary for any deeper improvement.**

### Reviewer(s)' Comments to Author:

#### Reviewer 1:

**We would like to thank so much the reviewer for his/her comments that have been so helpful in improving the manuscript's quality.**

#### Comments to the Author

1. Check the key words based on Mesh standard.

**Thank you for your comment. Please see changes made in the text.**

2. The demographic characteristics of the subjects and research participants should be mentioned in the methodology section of the abstract.

**Thank you for your comment this information was added. Please see changes made in the text.**

3. In the introduction section, it is better to focus on the necessity of research specifically reasons distinguishing this work from past research.

**Changing made as suggested. Please see changes made in the text.**

4. Inclusion and exclusion criteria were not accurately reported in the study

**It's a good point and we agree. Changing made as suggested.**

**“The inclusion criteria were to have attended more than 85% of the training sessions during the two months prior to the tests haven't suffered from injuries for more than two weeks in the two months prior to the study”**

5. please clarify when and how the survey was disseminated.

**Thank you for your comment. We added some modification. Please see changes made.**

**“The training program included three months during the pre-season period that precedes the competition period. The experimental group used combined training program (plyometric, technical and physical); while the control group used the usual futsal training program. All training sessions were monitored by the researcher with the help of the coach and his assistant. Before and after the training period, four physical capacities were evaluated: speed, explosive strength, agility and endurance. Except the goalkeepers, all players were evaluated.”**

**“All the measurements were carried out between 10-12 a.m.”**

6. what are the study limitations: report them.

**Thank you for your comment. Please see changes made in the text.**

“However, the main limitation of the current study was the absence of the verification of the training load. However, using external and internal training load (GPS, Heart rate monitor) could help that the content of training loads should be as specific as possible and quantified as detailed as possible so that training program can be carried out with accuracy.”

7. Please recommend suggestions for further researchers based on the limitations of the research

**Thank you for your comment. Please see changes made in the text.**

“For this reason, verification of training load can help coaches and physical trainers to monitor the health and performance of athletes and verify adaptations resulting from training..”

**Reviewer: 2**

**Comments to the Author**

**We would like to thank so much the reviewer for his/her comments that have been so helpful in improving the manuscript's quality.**

1. Specify exactly which factors you mean by physical capacities (physiological-  
pAnthropometric, etc.)

**Thank you for your comment. This has been done. Please see changes made in the Objectives (abstract section).**

2. Physical parameters should be reported

**This has been done. Please see changes made in the text.**

**“Examine the effect of three months specific training on physical capacities (speed, explosive strength, agility and endurance) of Iraq futsal players.”**

3. What exercise did he give? How many training sessions were there? Exercise intensity? Report statistical operations.

**Thank you for your comment.**

**The training program included (11 weeks) during the pre-season period that precedes the competition period, with (3) units per week (Saturday, Monday, and Thursday), and thus the total number of training units reached (32) units. The training unit was divided according to the sections of the three units, which are the preparatory section, the main section, and the closing section. The skill training program exercises and physical exercises were applied in the main section of the training unit. Moreover, we relied on the application of the training curriculum exercises on the method of interval training (high and low intensity)**

4. Conclusion sentences are similar to findings. The conclusion is not written correctly.

**Thank you for your comment. Hopes' it's clear now. Please see changes made in the text.**

**“In the light of these data, results have shown that improvement in physical capacities take into consideration the characteristics of futsal during training”**

5. The keywords must be different from the title of the article.

**This information were added. Please see changes made in the text.**

6. There is no need for this sentence

**"Futsal (five-a-side indoor soccer), is played on a reduced pitch dimension with a smaller players' number. This lack of space obliges players to move quickly in order to create free space and playing opportunities"**

**Thank you for the comment. However, this is a short introduction to futsal which allows to move to the next idea (to be more coherent).**

7. The statement of the problem is not clear

**Thank you for your comment. Please see changes made in the text.**



The necessity is very weakly reported

**Thank you for your comment. Please see changes made in the text.**

“Understanding physiological and neuromuscular capacities of futsal could facilitate the transfer of many information to the player.”

8. There is no history of previous studies

**Thank you for your comment. Please see the new version of the Introduction.**

9. Which program?

Based on which standards?

**The experimental group used combined training program (plyometric, technical and physical)**

10. Has everyone reached the professional level by the average age of 19? What was the criterion of being a professional ?

**Thank you for your comment .**

**The player are recruited from a professional club (first division).**

11. Did the professional player practice 3 sessions a week?

**In futsal, professional clubs in Iraq trained three times per week.**

12. How many official matches did each player play?

**The average number of matches per season (between league and cup matches) is 20.**

13. Exclusion criteria not specified

**This has been done. Hope's it's clear now. Please see changes made in the discussion section.**

“The inclusion criteria were to have attended more than 85% of the training sessions during the two months prior to the tests haven't suffered from injuries for more than two weeks in the two months prior to the study. The players have participated in many official competitions organized by the futsal federation in Iraq and have an experience as futsal players of at least 4 years”

18. Why are the tests done in three days?

**Thank you for your comment**

**The tests requiring cardio-vascular endurance and those other tests which involve the same muscle groups should not be taken in succession.**

19. What was the selection criteria for these tests?

**The selection criteria for these tests are: the recommended physical qualities (speed, explosive strength, agility and endurance) and the reconciliation of the internal logic of futsal.**

20. How did you control the state of rest and nutrition of Erezshakarran during these three days?

**It's a good point. However, there's no control of nutrition during the tests days.**

21. Who were the test takers and what technical qualifications did they have?

**Participants were from a first division team in Iraq. The players have participated in many official competitions organized by the futsal federation in Iraq and have an experience as futsal players of at least 4 years.**

22. Why did you use the two-sided ANOVA test?

**As we reported normal disturbance of the data and we have two groups and two testing periods, we used a two-way ANOVA.**

23. The results of ANOVA are incompletely reported

**The reviewer is right. This presentation allow as to be direct in our description of the data.**

24. No inconsistent articles have been reported.

**Thank you for your comment. However, the studies used in the discussion part are in futsal and report results or conclusions (similar or in contradiction) with our results.**

25. Limitations are not mentioned


**Thank you for your comment. Please see changes made in the text.**

**“However, the main limitation of the current study was the absence of the verification of the training load. However, using external and internal training load (GPS, Heart-rate monitor) could help that the content of training loads should be as specific as possible and quantified as detailed as possible so that training program can be carried out with accuracy. For this reason, verification of training load can help coaches and physical trainers to monitor the health and performance of athletes and verify adaptations resulting from training.”**

## OPEN PEER REVIEW

## Revision (1)

Here, you can see the **Reviewers, Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

 **Morteza Taheri: EIC | Revision (1)**

22 Mar 2023

Dear Authors,

I am pleased to inform you that your manuscript has been accepted for publication in International Journal of Sport Studies for Health. I would like to thank the respected reviewers and Associate editor for their constructive comments, which helped to improve the manuscript. I would also like to thank you for your contribution to the revision process. The manuscript will be published in the next available issue of the journal. I will contact you soon with more information about the publication date. Thank you again for your hard work on this project.

Sincerely,  
Editor in Chief