



SDI Review Form 1.6

Journal Name:	Advances in Research
Manuscript Number:	2014_AIR_13895
Title of the Manuscript:	EFFECTS OF TWO WARM UP PROTOCOL ON VERTICAL JUMP PERFORMANCE IN MINI-VOLLEYBALL PLAYERS
Type of the Article	Original Research Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)



SDI Review Form 1.6

PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	None.	
Minor REVISION comments	<p>A concise and precise article. Good introduction with a strong background about the sport, the children in sport and the importance of the vertical jump for performance.</p> <p>Methods section could be strengthened, with references, especially in the stretching protocols. I miss references for both, static and dynamic stretching protocols. References should be included to make the protocols reliable for the reader.</p> <p>About the vertical jump test for the evaluation of the performance for volleyball players, is this test the best way to reproduce a jump in the real situation of a game? Ok, this is a good method to test the vertical jump of athletes, but it does not reproduce the dynamics of a spike or a block. For future studies, a specific field test could be considered by authors to better evaluate the responses of an intervention in the jump height for volleyball players.</p> <p>The Sheppard's specific volleyball test it's a good and reliable field test. (Sheppard, J.M., Gabbett, T., Taylor, K.L., et al. Development of a repeated-effort test for elite men's volleyball).</p>	<p>Many thanks for your glorious comments. Stretching protocol is based on an article by Faigenbaum et al. (2005) which was highlighted on table.</p> <p>About vertical jump, I agree that there should be better ways and tests to evaluate lower extremity power but we should consider that subjects are mini volleyball players and they are in range of (10.84 ± 1.24) years old. It seems that because of low age, performing repetitive movements with high stress on lower joints would make them susceptible to injuries. Moreover the role of sargent test in assessing vertical jump is always proved.</p>



SDI Review Form 1.6

	<p>Tables 1 and 2. To ensure the reproducibility of the protocols, the authors could consider (if it is possible) include images of the movements.</p> <p>Line 152. Reference is needed in this sentence. Line 154. Reference is needed in this sentence.</p>	<p>Unfortunately there is no photo available about the procedure but I will do my best to find as you mentioned.</p> <p>In mentioned line (152 & 154) references are exerted.</p>
<u>Optional/General</u> comments	<p>I recommend the acceptance of the article with minor revisions.</p>	