

Golden Research Thoughts

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Title : STAIRCASE TRAINING AND PLYOMETRIC TRAINING

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ABSTRACT :

The title accurately said what the study was about. The abstract is effectively summarize the manuscript. Keywords helps reader to find the article.

INTRODUCTION :

The introduction introduced ideally. It explains the background very well enough that researcher outside understand current knowledge. It accurately describe current knowledge related to the research question.

METHODS & MATERIALS :

The study methods are one of the most important parts used to judge the overall quality of the paper.

RESULTS :

Conclusion of this paper clearly supported results.

DISCUSSIONS :

Our goal is to help the author improve this and future manuscripts.

REFERENCES :

The cited studies recent enough to represent current knowledge on the topic STAIRCASE TRAINING AND PLYOMETRIC TRAINING.

RECOMMENDATIONS :

Introduce new regular for contents and communication.

No Plagairism Detected...

CHECKLIST :

	Very High	High	Average	Low	Very Low
1. Interest of the topic to the readers	✓				
2. Originality and novelty of the ideas		✓			
3. Importance of the proposed ideas		✓			
4. Timeliness			✓		
5. Sufficient information to support the assertions made and conclusions drawn		✓			
6. Quality of writing (Organization, clarity, accuracy, grammar)	✓				
7. References & citation (up-to-date, appropriate, sufficient)	✓				

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Rajani Kota

Review Editor