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 researchers outside understand current knowledge. It accurately describe current knowledge related to the research question.

METHODS & MATERIALS:
The study's 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 Plagiarism Detected...

CHECKLIST:

| 1. Interest of the topic to the readers | Very High | High | Average | Low | Very Low |
| 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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