

Reviewer# 01220036

accepted for publication.

Reviewer# 02705018

This is an overall well conducted research. I propose publication.

Reviewer# 02691156

The title is referring directly to the problem at hand. The abstract is sufficient. Introduction is also sufficient, extensive and explanatory. Similar studies with the proposed do not seem to have been done. Methods: the methods used described under subtitles: Design, Participants and selection criteria, Procedure, Static stretching group, Dynamic stretching group, Deep transverse friction massage group, Data Collection Methods: Flexibility, Agility, Strength, while a Statistical analysis was used to evaluate the outcomes. RESULTS: extensibility: only Chronic extensibility was significantly different, agility: no significant difference was measured between the groups at all phases, maximal hamstring muscle strength: between groups means comparison showed only a significant difference in the acute strength phase. Muscle injury measures showed that the Dynamic stretching group scored the highest on muscle injury incidence while the comparison between the groups showed no significant difference. DISCUSSION: Extensile discussion was conducted on extensibility, agility, maximal hamstring muscle strength and Muscle injury measures. When comparing the maximal hamstring muscle strength among all groups, all of them showed a significant improvement across phases. CONCLUSION: "This study had demonstrated that no technique can be deemed to be better than the other regarding the short-term effects on extensibility and agility and the long-term effects on maximal voluntary muscle strength and agility." Limitation of the study: One of the limitations according to the authors was the absence of pain tolerance measurement during static stretching. In the proposed method is not mention if the included players are professionals or not. To standardize the measures across the groups and players, they have collected data only from the dominant limb. References: 36 papers are included. Finally, the submitted manuscript proposes a new method (DTFM) for training in order to avoid possible injuries during soccer activities. However, the proposed method compare the effect of DTFM vs static and dynamic stretching techniques on the hamstring's extensibility, agility and strength in 103 players [monitored for a 4-week period], a rather inadequate number of participants for a short period of time, to produce safe conclusions.

Reviewer# 02703298

I have assessed the paper with the name of "Effect of Deep Transverse Friction Massage Versus Stretching on Football Players' Performance." My opinions are as follows; Title: Main idea is clear and understandable. Abstract: Abstract is accurate, coherent and readable. Key words: The

key words reflect the focus of the manuscript Introduction: Previous pertinent literature cited and discussed. Therefore, introduction is adequate. The necessity for the study is clearly indicated. Methods: Study design is appropriate to achieve study aim. Study population clearly and adequately described. Statistical analyses are appropriate and used appropriately. Overall methodology is valid, replicable and understandable. Results: Results are clearly presented and comprehensible. Text did not duplicate the tables. Discussion: Previous pertinent literature was critiqued. The authors demonstrated continuity between present study and previous studies. Similarities and differences to other studies were noted. Discussion is sufficient, future studies and limitations are indicated. References: References are updated and accurate. Also, references are relevant and comprehensive. Tables and Figures Tables and figures are definite, clear and understandable.

Answer: Based on the reviewers' comments, there is nothing to change in the content of the manuscript. Some suggested minor English modifications that were completed.