Reviewer’s report

Title: Effects of conditioning hops on drop jump and sprint performance: a randomized crossover pilot study in elite athletes

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Reviewer: Johnny Padulo

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Title: Effects of conditioning hops on drop jump and sprint performance: a randomized crossover pilot study in elite athletes

The manuscript is very interesting because focus on the effect of the different hops; unfortunately, there are several points to be reviewed. The paper is lacking in many parts. The methods section is lacking in different points, especially as related to the tools utilized and the procedure.

Background:

Methods:

- Pag 3 line 50 and 60 to include: (1,2)
- Pag 4 Line 99 to include the training experience and the training weekly
- Pag 5 to include the time of this investigation to avoid circadian effects (3)
- Pag Line 129 to include the sample rate/error of the Optojump
- Pag 6 Line 131 please to include the modality of the Step length calculation (4,5)
- Pag 11 line 271 to include (6)

References


**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

No

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

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