The first letter of the title of the study should be capitalized, centered and bolded in 12-point times new roman font.

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**Abstract**

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**Keywords:** Aerobic capacity, football, imagery (Alphabetical order, comma separated between words, minimum 3 and maximum 5 words)

If the study was presented at a congress and/or produced from a thesis, it should be indicated.

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| --- | --- | --- |
| ***CONTRIBUTION RATE*** | ***EXPLANATION*** | ***CONTRIBUTORS*** |
| *Idea or Notion* | *Form the research hypothesis or idea* | Author |
| *Design* | *To design the method and research design.* | Author |
| *Literature Review* | *Review the literature required for the study* | Author |
| *Data Collecting and Processing* | *Collecting, organizing and reporting data* | Author |
| *Discussion and Commentary* | *Evaluation of the obtained finding* | Author |
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