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

**AUTHOR1 ORCID_iD, AUTHOR2 ORCID_iD, AUTHOR 3 ORCID_iD, AUTHOR 4 ORCID_iD, AUTHOR 5 ORCID_iD**

1 Xxxx University, Xxxx Faculty, City, Country

2 Xxxx University, Xxxx Faculty, City, Country

3 Xxxx University, Xxxx Faculty, City, Country

4 Xxxx University, Xxxx Faculty, City, Country

5 Xxxx University, Xxxx Faculty, City, Country

|  |  |  |  |
| --- | --- | --- | --- |
| *Research Article-**Review* | | **DOI:** | |
| *Received:* XX.XX.202X | *Accepted:* XX.XX.202X |  | *Published*: XX.XX.202X |

**Abstract**

Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rule Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rule Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rules. Please fill in according to ASI spelling rule

**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.

**Corresponded Author**: Author AUTHOR, **E-mail: editor@actaint.com**

|  |  |  |  |
| --- | --- | --- | --- |
| ***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 | |
| ***Statement of Support and Acknowledgment*** | | |
| *No contribution and/or support was received during the writing process of this study.* | | |
| ***Statement of Conflict*** | | |
| *Researchers do not have any personal or financial conflicts of interest with other people and institutions related to the research.* | | |
| ***Statement of Ethics Committee*** | | |
| *This research was conducted with the decision of XXXX University Ethics Committee numbered E-15604000-100-1000090* | | |



This study is licensed under a [**Creative Commons Attribution-NonCommercial 4.0 International License (CC BY 4.0).**](https://creativecommons.org/licenses/by/4.0/)