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**

**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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